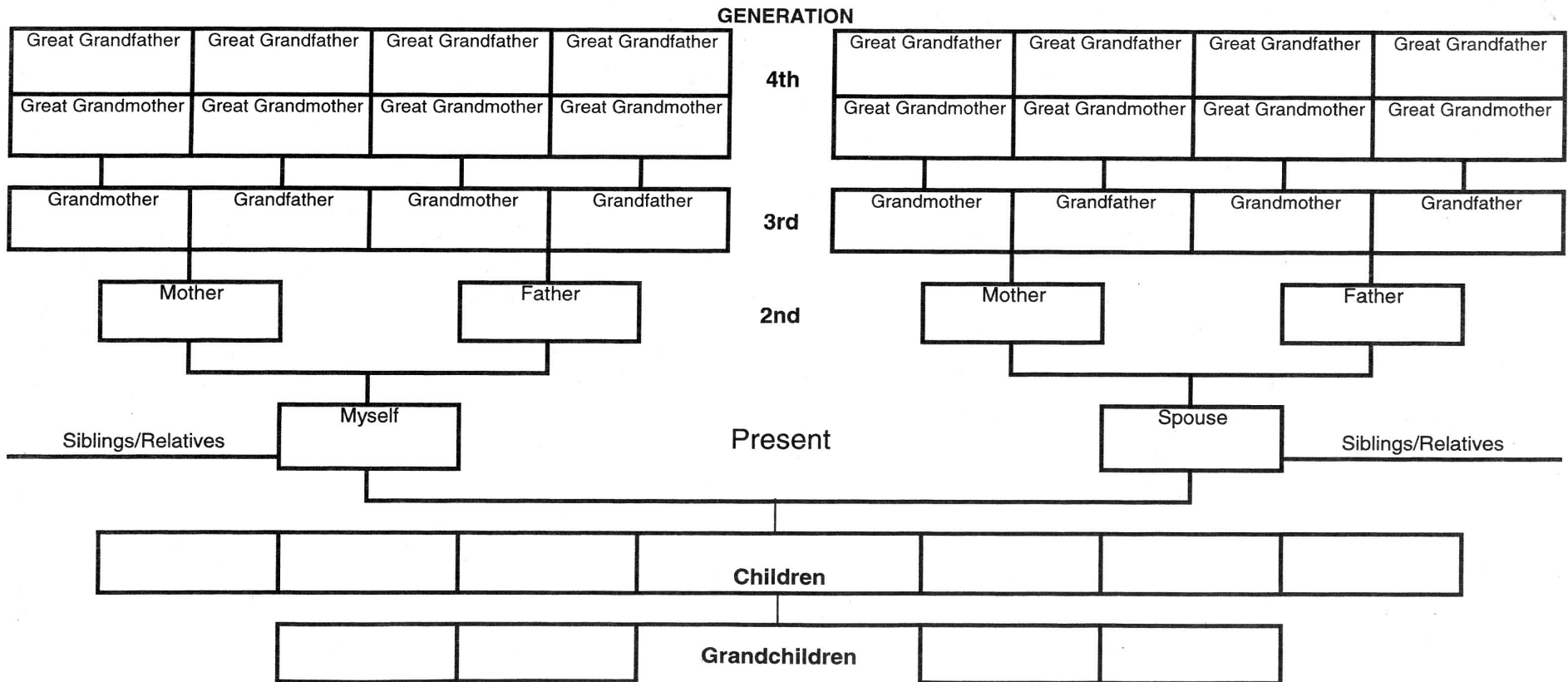


GENOGRAM



Instructions

1. Fill in the names as completely as possible.
 - a. Your family's names on the left, your spouse's on the right.
 - b. Oldest ancestors on top, youngest descendents on bottom
2. For deceased relatives, write the cause and age of death.
3. On the top or side of names, write down your family's character traits, behavior patterns, or disorders that need healing.

Instrucciones

1. Complete los nombres lo más completamente posible.
 - a. Los nombres de su familia a la izquierda, su cónyuge a la derecha.
 - b. Los ancestros más antiguos en la parte superior, los descendientes más jóvenes en la parte inferior.
2. Para los familiares fallecidos, escriba la causa y la edad de la muerte.
3. En la parte superior o lateral, escriba los rasgos de carácter, patrones de comportamiento o trastornos de su familia que necesitan curación.

To prepare for a Mass for the Healing of the Family Tree, fill out the Genogram:

Write the names of relatives you know in the appropriate box; place a cross in the boxes of those you don't know.

Identify the "curses" or negative traits in your family. Write them by the person or generation, if known, or at the top of the page.

Areas of needed ancestral healing include, but are not limited to:

Physical – diabetes, cancer, heart problems, lung disease, arthritis, back problems, migraines, allergies

Emotional – fear, worry, self-condemnation, shame, anger, depression, suicidal tendencies

Spiritual – prayerlessness, atheism, occult involvement, idolatry, greed, lust, murder

Interpersonal – unforgiveness, bitterness, rage, abuse, divorce, marital conflict, criticism, judgmentalism

Addictions – alcoholism, drugs, gambling, sex, pornography, overeating, controlling, perfectionism, workaholism

As you fill out your Genogram, begin to repent of all personal sin and ask God's forgiveness for any unrepented ancestral sins.

- From Rev. John H. Hampsch, C.M.F.