



## Worksheet: Generational Trauma Mapping Template

**Purpose:** Help clients (or yourself) identify trauma events, coping patterns, and emotional legacies across three generations.

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**Instructions:** Start with yourself in the center. Work upward to identify your parents and grandparents. Use guiding questions below each name. Fill in what you know — gaps are okay and can be noted.

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### YOU

- Key Childhood Events:
- Trauma Experiences (if any):
- Core Coping Patterns:
- Emotional Themes:

### PARENT #1

- Name:
- Key Life Events:
- Trauma Experiences:
- Coping Patterns:
- What did they pass down emotionally?

### PARENT #2

- Name:
- Key Life Events:
- Trauma Experiences:
- Coping Patterns:
- What did they pass down emotionally?

### GRANDPARENTS (on Parent #1's side)

- Grandparent A:
  - Trauma/War/Abuse/Loss?
  - Emotional Legacy?
- Grandparent B:
  - Trauma/War/Abuse/Loss?
  - Emotional Legacy?



- Grandparent C:
  - Trauma/War/Abuse/Loss?
  - Emotional Legacy?
- Grandparent D:
  - Trauma/War/Abuse/Loss?
  - Emotional Legacy?

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**Reflection Prompts:**

1. What patterns repeat across generations?
2. What survival skills were passed down?
3. What emotional wounds do you want to end with you?

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**Note:** This is a living document. Add as you learn more. It's okay not to have all the answers. Awareness is the first step in healing the line.



## Emotional Overlay – Mapping Inherited Feelings

Emotional overlays are patterns of unspoken emotion that pass through families. This exercise invites you to reflect on inherited grief, rage, fear, or silence.

Instructions:

- Identify recurring emotional themes in your family.
- Use the chart below to match emotions to family members or events.
- Reflect on what might have been felt but never expressed.

Family Emotional Overlay Table:

[illegible]



## Trauma Timeline – Naming the Rupture Points

This worksheet helps you map major events in your life and in your lineage that may have contributed to trauma. Use the space below to write a timeline of known or felt rupture points.

Instructions:

- Mark approximate ages or years.
- Note key events and emotional impacts.
- Include generational events if known (e.g., migration, war, loss, separation).

Timeline Template:

Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
-----	-----	-----

Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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Age/Year:	Event:	Impact:
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A **genogram** is like a family tree — but with much more detail about relationships, patterns, roles, and emotional dynamics. When showing **kids through great-grandparents**, it typically includes **4 generations**, organized top-down:

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## 🧬 Visual Structure of a 4-Generation Genogram:

### 1. Top Row: Great-Grandparents

- Usually 4 pairs (8 people).
- Labeled with names, birth/death dates, and relationship lines.
- Male: square | Female: circle

### 2. Second Row: Grandparents

- Connected to their parents (great-grandparents).
- Relationship line between partners (married, divorced, etc.).
- Children shown with a vertical line down to the third row.

### 3. Third Row: Parents (Your Generation)

- Same setup: square/circle, partnership lines.
- Emotional or behavioral markers (abuse, estrangement, etc.) often shown here.
- Vertical lines show children (your generation's kids).

### 4. Bottom Row: Children (Current Kids)

- Each child has a horizontal line across siblings, with vertical lines connecting them to parents above.
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📌 **Symbols & Notations:**

- ■ = Male
- ● = Female
- ——— = Marriage
- — — = Divorce
- | = Child
- ---|---|--- = Siblings
- Zigzag line = Conflict
- Dotted line = Estrangement
- Diagonal slash = Deceased

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📖 **Example (very simplified):**

[Great-Grandpa ■] -- [Great-Grandma ●]

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[Grandpa ■] -- [Grandma ●]

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[Dad ■] -- [Mom ●]

|

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|            |            |

[Child1] [Child2] [Child3]



**Purpose:** Identify common trauma-informed coping mechanisms that may be inherited from family patterns and early conditioning.

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**Instructions:** Review the list of patterns below and check off any that resonate with your personal experience or that of your clients. Add notes or reflections in the space provided.

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**Survivor Syndrome**

**Savior Complex**

**Martyrdom/Perfectionism**

**Codependency**

**Emotional Suppression**

**Avoidant/Hyper-Independent Behavior**

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**Reflections:**

- Which three patterns affect you or your clients the most?
  - How do these patterns relate to what was modeled in your family?
  - What new behaviors or beliefs would you like to cultivate in their place?
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**Note:** Awareness is not blame — it's a doorway to change. These patterns helped someone survive. Now, you get to choose how to thrive.



## Unhealthy Coping Tools from Generational Trauma

*(Check off any that resonate – awareness is the first step to healing)*



### Emotional Suppression

- ☐ Bottling up emotions
- ☐ Saying “I’m fine” when you’re not
- ☐ Avoiding vulnerability
- ☐ Feeling guilty for expressing needs



### Aggression or Control

- ☐ Yelling or explosive anger
- ☐ Using fear to gain respect or obedience
- ☐ Controlling behaviors in relationships
- ☐ Struggling to trust others



### Substance Use & Numbing

- ☐ Excessive drinking, drug use, or smoking
- ☐ Overeating or restrictive eating
- ☐ Using TV, gaming, or social media to escape
- ☐ Shopping, gambling, or sex as distraction



### Unhealthy Relationship Patterns

- ☐ Staying in toxic relationships
- ☐ Avoiding intimacy or commitment
- ☐ People-pleasing to avoid conflict
- ☐ Sabotaging connections due to fear of abandonment



### Negative Self-Beliefs



## 🌿 Sacred Mamas | TraumaCon 2025 – Keynote & Workshop Series 🌿

### Property of Sacred Mamas Org

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- ☐ “I’m not good enough” mindset
  - ☐ Harsh inner critic or perfectionism
  - ☐ Feeling unworthy of love or success
  - ☐ Constant guilt or shame without clear reason
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### 🏃 Avoidance & Hyper-Independence

- ☐ “I can do it all myself” attitude
  - ☐ Avoiding confrontation at all costs
  - ☐ Disappearing emotionally or physically during stress
  - ☐ Fear of asking for help
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### 🕒 Overworking & Overachievement

- ☐ Using work to feel worthy or safe
- ☐ Burning out but not slowing down
- ☐ Defining self-worth through productivity
- ☐ Struggling to rest or relax



## Worksheet: Ancestral Mapping for Legacy Healing

**Purpose:** Help clients visually trace and emotionally connect with patterns, survival strategies, and inherited burdens across multiple generations.

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**Instructions:** Use the template below to map out your family tree, noting trauma-related events, behaviors, and emotional legacies. You may begin with yourself at the bottom and work upward through at least three generations if possible.

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### 1. Family Tree Mapping Grid (3 Generations)

*You (Center):*

- Name:
- Key Life Challenges:
- Personal Trauma Events:
- Coping Strategies:
- Core Beliefs about Self and the World:

*Parents:*

- Parent 1 (Name):
  - Known Life Events:
  - Notable Traumas or Losses:
  - Coping or Addiction Patterns:
  - Emotional Legacy:
- Parent 2 (Name):
  - Known Life Events:
  - Notable Traumas or Losses:
  - Coping or Addiction Patterns:
  - Emotional Legacy:

*Grandparents:*

- Maternal Grandparent 1 (Name):
  - Historical/Societal Events Lived Through:
  - Family Roles and Power Dynamics:
  - Cultural Beliefs or Taboos Passed Down:
- Maternal Grandparent 2 (Name):



- Historical/Societal Events Lived Through:
- Family Roles and Power Dynamics:
- Cultural Beliefs or Taboos Passed Down:
- Paternal Grandparent 1 (Name):
  - Historical/Societal Events Lived Through:
  - Family Roles and Power Dynamics:
  - Cultural Beliefs or Taboos Passed Down:
- Paternal Grandparent 2 (Name):
  - Historical/Societal Events Lived Through:
  - Family Roles and Power Dynamics:
  - Cultural Beliefs or Taboos Passed Down:

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## 2. Pattern Recognition Prompts

- What emotional or behavioral patterns do you see repeating?
- Which beliefs or fears seem inherited?
- Where do you see silence, shame, or secrecy?

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## 3. Legacy Shift Reflection

- What part of this legacy are you choosing to keep?
- What part are you choosing to release or transform?
- What new legacy do you want to begin for future generations?

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**Optional Practice:** Draw this map visually using boxes or circles. Use colors to represent emotions (e.g., red for rage, blue for grief, green for resilience).

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**Therapist Note:** This is best explored slowly and revisited over time. It pairs well with trauma timeline work, parts mapping, and family constellation practices.