

What Helps To Prepare For Family Constellation Work?

Most workshops don't *require* any preparations. Your full presence is the only thing required.

However, it can be helpful to inquire into your family history, particularly with an eye to anything unspoken or kept secret, or anyone left out or excluded. It is entirely up to you how deeply you want to dive into this. Below are a couple of resources to guide your inquiry should you want to explore in advance. Please don't worry if you lack the information to complete them. The answers often appear *energetically* in a Constellation first.

A. Some people like to create a genogram. If that appeals to you, here is an easy program for doing so: <http://www.genopro.com>

B. And if you want to just take a little time to think about your family's history, here is a list of questions that may be helpful in that inquiry.

1. Did anybody die young?
2. Did anybody lose their mother/father at a young age?
3. Did anybody die in childbirth?
4. Where were there stillbirths, miscarriages or abortions?
5. Did anybody commit a crime or seriously mistreat another?
6. Was anybody involved in war?
7. Did anybody leave the family or the country?
8. Did anybody commit suicide?
9. Did anybody give up a child to adoption?
10. Was anybody adopted?
11. Was anybody excluded and never spoken off?
12. Did anybody have a physical, mental or emotional disability?
13. Did anybody suffer a tragedy or trauma?
14. Was there a murdered or murderer in your family?
15. Was anybody deeply hurt in your family? Or did anybody deeply hurt another?
16. Did a parent or grandparent have a significant prior partner?
17. Did anybody profit from another's misfortune or loss?
18. Was anybody locked up in jail or a mental health facility?
19. Did anybody experience an interrupted connection to mother in the first 3 years of life?
20. Did anything rather unusual happen in your family?

Q: Should I take notes and bring them to the workshop?

A: If writing down your inquiry is helpful to you, then do it! There is no need to turn in written responses prior to the workshop though.