

Activity 1

Keep your workbook open right next to you, and keep referring from the screen to your workbook.

So far you have seen how a genogram can be compiled. Now it is your turn to create your own genogram. Your genogram will become a point of reference for the rest of your work in this course, and will also be very helpful to a counselor or therapist, if you ever decide to obtain those services.



Activity 2

Review your genogram now. If there are changes to be made or additional information that you need to add, do that now.

When you are satisfied with your genogram, move to the next screen of the course.



Activity 3

Answering the following questions will help you to get a better picture of the expectations related to roles and hierarchy that exist within your family.

1. What role do you think you play in the family?

2. What role does your spouse play within the family?

3. What expectations do you have for each of your children, in terms of their function in the family and their behavior?

4. Did your parents expect a certain role from you when you were an adolescent?

5. Do the roles still fit each of you?

Once you find the answers, look again at your family genogram. Think about the hierarchy and related roles within your family while looking it over.



Activity 4

Think now about your adolescent and his or her role within your family. Ask yourself the following questions and write down your answers:

1. What label can you give the role that your adolescent plays in your family today?

2. Do you believe your adolescent has changed roles since reaching adolescence? If so, how?

3. What would happen if your adolescent discarded the role tomorrow and chooses to be something else?

4. Will you allow space for your adolescent's role change and role experimentations? If yes, how? If not, why not?

Activity 5

Think carefully about the following questions. Note the answers in your workbook.

1. Can you recall a time when you were younger, when you had responsibilities that, looking back, were not appropriate for your age? If so, what were they and what might have been done differently?

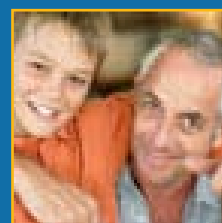
2. Does your teenager have responsibilities that he or she might be too young to handle?

3. Are you having a conflict with your child over his or her religious values?

4. In what ways do your child's religious values seem to differ from yours?

5. Does your child want to date earlier than you were allowed to or you feel is appropriate to begin dating?

6. Add any other issue(s) you consider important here:



Activity 6

Look at your family genogram again. Draw circles around each "subsystem" or group within your family.

Each group within the family has its own set of rules, roles, and expectations.

Within your own family, notice how your expectations for members of one subsystem (perhaps with your spouse) differ completely from another subsystem (perhaps with your teenager or younger child).

