



FAMILY CONSTELLATION:

Imagine below are two rooms, which you are looking at from above. If married, draw in the first room your current family (with your spouse) in a way that makes sense to you; there are no rules or a right way to do this exercise – just use your intuition, and what feels right. Let space and direction be a metaphor for the relationships between people. Think about where each person belongs, where they are looking or facing, and where they would like to go. The important thing is to be sure to represent everyone who was important in creating or bringing together your family. Represent your children – whether living, passed away, miscarried/stillborn/aborted; your spouse and yourself, and any important relationships that either you or your spouse had prior to your current relationship – if it had an impact on your current family. In the second constellation, represent your family of origin – your parents (biological/adopted/deceased); siblings – living, passed away, stillborn/miscarried/aborted; and any relations your parents had that were important outside the family – including their parents, and family’s of origin. If you are not married, then you can do a constellation for your family of origin, and either of your parent’s families – whichever you feel impacted your family more.