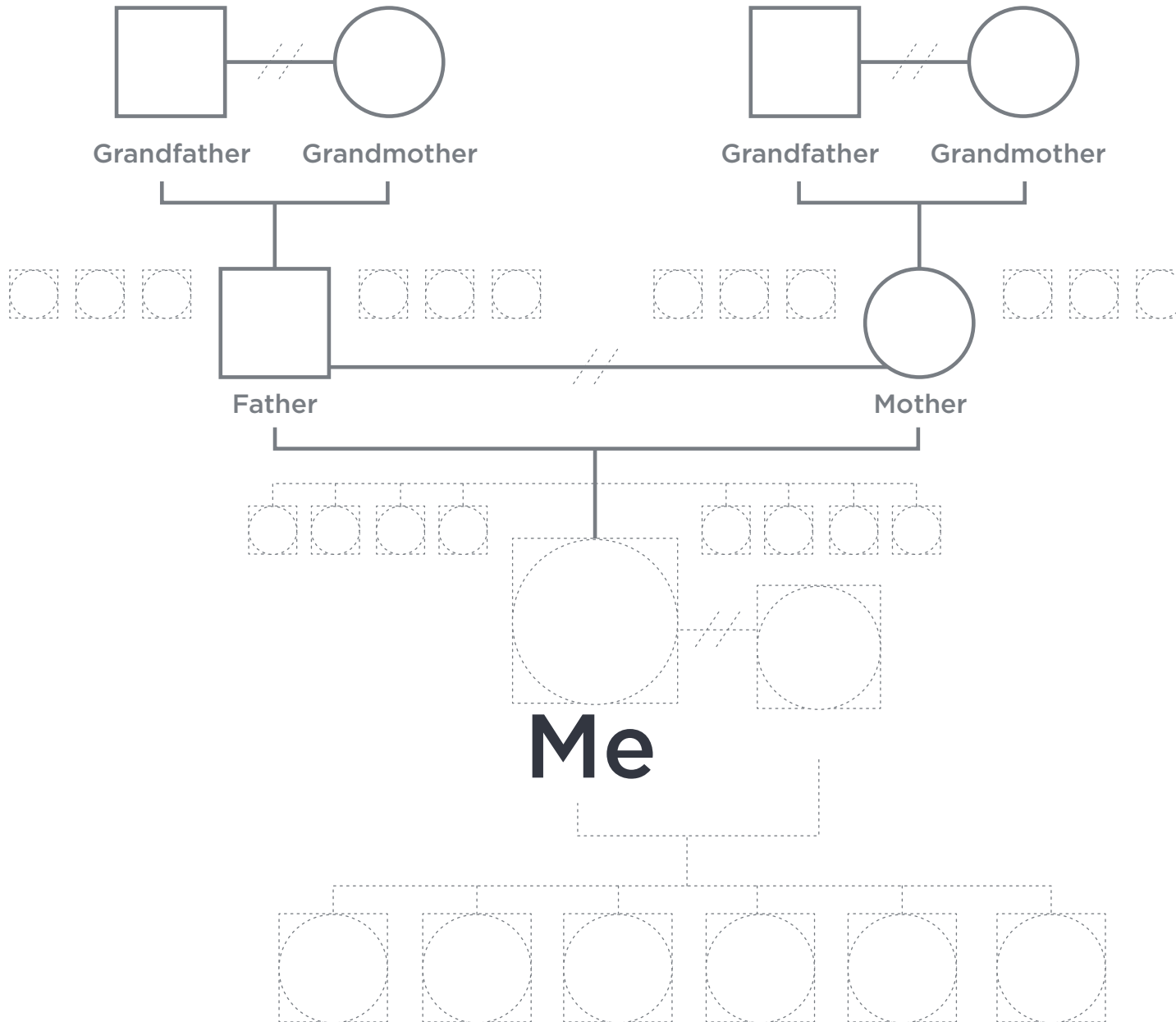


Name: _____

Where It Began



Traumas

- Physical, emotional, and sexual abuse
- Neglect
- Depression / Anxiety
- Mental illness
- Addiction
 - drugs, alcohol, food, raging
- Process addictions
 - gambling, sex, and relationships, hoarding
- OCD, stealing, lying
- Poverty
- Death of a parent/sibling
- Accident
- Environmental disaster
- Jail
- Divorce
- Moving alot
- Bullying
- Violence
- Racism, Sexism, Homophobia
- Un-attunement
 - parents just don't get you
- Constant Upheaval
- Constant "unasked for" advice/criticism
- Narcissistic / Expectations
- Unseen and Unheard
- Given too much praise
- Parents concerned more about how they look and feel
- Parents using child as a reflection of their success
- Too high expectations
- Too low expectations

Gifts

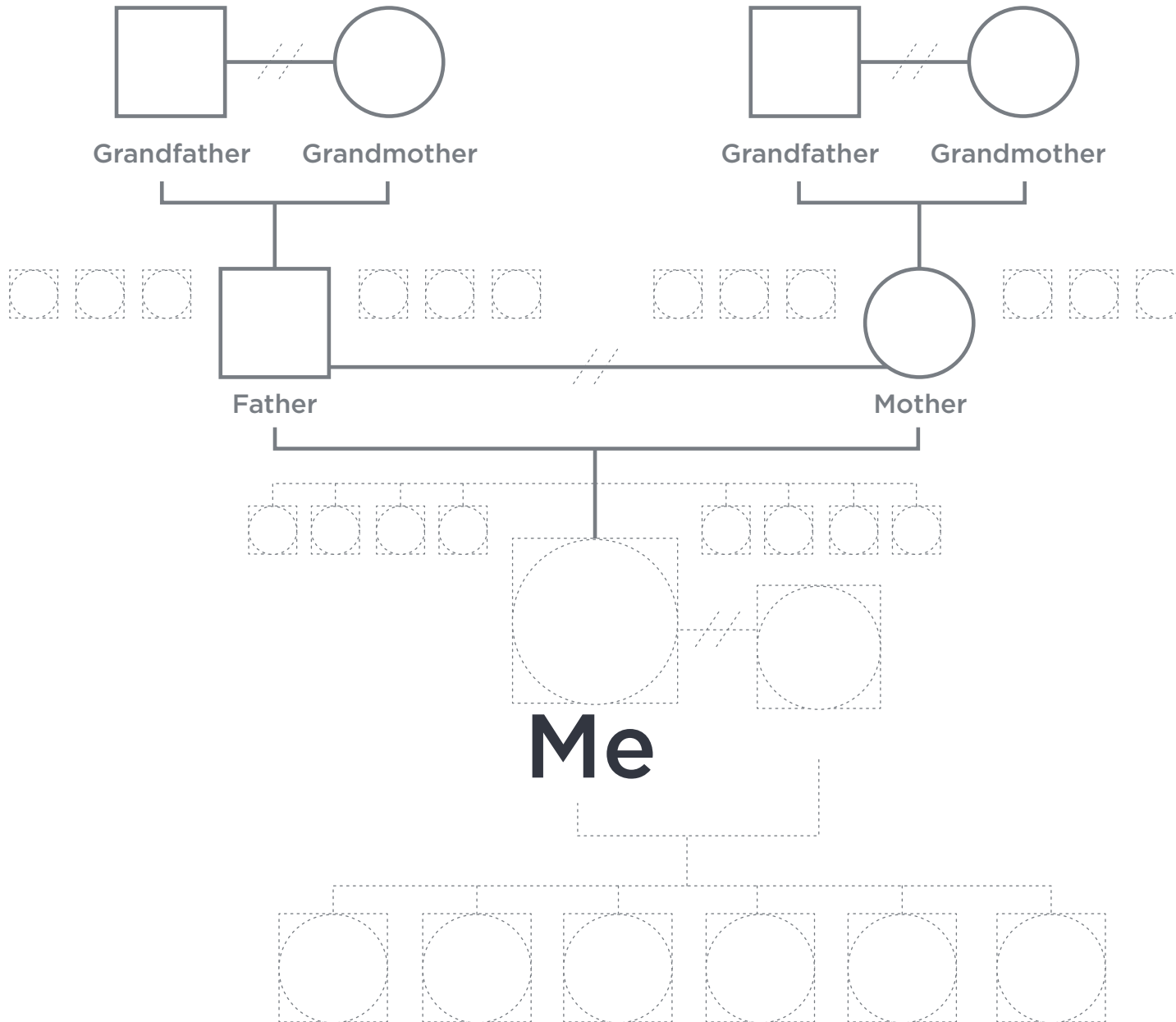
- Love of Music
- Humor
- Hard Work/Entrepreneurial
- Dance
- Athletics
- Flexibility
- Spirituality
- Compassion
- Work Ethic
- Service
- Social Justice
- Fighter
- Perspective
- Protector
- Responsible
- Brave
- Boundaries

Legend

- Male
- Female
- X Deceased
- ⊗ Addiction
- ⊕ Abuse
- // Divorced

Name: _____

Where It Began









Traumas (Red)

- Physical, emotional, and sexual abuse
- Neglect
- Depression / Anxiety
- Mental illness
- Addiction
 - drugs, alcohol, food, raging
- Process addictions
 - gambling, sex, and relationships, hoarding
- OCD, stealing, lying
- Poverty
- Death of a parent/sibling
- Accident
- Environmental disaster
- Jail
- Divorce
- Moving alot
- Bullying
- Violence
- Racism, Sexism, Homophobia
- Un-attunement
 - parents just don't get you
- Constant Upheaval
- Constant "unasked for" advice/criticism
- Narcissistic / Expectations
- Unseen and Unheard
- Given too much praise
- Parents concerned more about how they look and feel
- Parents using child as a reflection of their success
- Too high expectations
- Too low expectations

Gifts (Blue)

- Love of Music
- Humor
- Hard Work/Entrepreneurial
- Dance
- Athletics
- Flexibility
- Spirituality
- Compassion
- Work Ethic
- Service
- Social Justice
- Fighter
- Perspective
- Protector
- Responsible
- Brave
- Boundaries

Legend

- | | |
|--|---|
|  Male |  Addiction |
|  Female |  Abuse |
|  Deceased |  Divorced |