

For the preparation for a workshop systemic and family-constellations

... can it be helpful to consider certain questions. The list below is meant for own use and preparation. The questions can help to gather and sort important information about ones own family. For this, facts about family-members are important. Information on character, personality and the like are not relevant. For further research, books and articles on systemic constellation work can help.

Partners and children of an earlier relation are regarded as part of the current family.

To the family of origin belong:

- Brothers and sisters,
- Parents and their siblings (uncles and aunts),
- Grandparents and their siblings,
- Great grandparents.

Facts about *former partners* can be important, too.

Questionnaire:

- Happened there somewhere in the system tragic or unusual happenings?
- Died your father or mother, brother or sister young?
- Died a parent, or a sibling of them young?
- Have there been stillborn children, abortions, or miscarriages?
- Are there unlawful children, or were children given away?
- Died a partner or a child of a partner?
- Were there earlier husbands, fiancées, partners, or lovers of parents or grandparents?
- Died someone in childbed?
- Has there been illness or disability following pregnancy or birth, with the mother, grandmother, or great grandmother, or with an earlier partner of father, grandfather, or great grandfather?
- Has there been a danger for life for your mother or for your grandmother during a birth?
- Are there serious or lasting illnesses in the system?
- Is there alcoholism, drug abuse, or still another kind of addiction?
- Were or are there physical or mental disabilities?
- Were or are there priests, clergy, or missionaries
- Waren of zijn er priesters, geestelijken en zendelingen, in any religious ministry?
- Was or is anyone in the system homosexual or lesbian?
- Is there anyone who has been favoured? (E.g. inheritance)
- Did anyone lose his or her money or possessions?
- Is there anyone denied, not respected or not honoured?
- Did anyone migrate to another country or are there missing persons?
- Is there anyone about whom one talks with disdain, who left, or who was cast out, because of alcoholism, drug abuse, disability, crime, sexual orientation, etc.?
- Have there been war criminals or war casualties (civil or military)?
- Has there been suicide or an attempt for it?
- Is there crime or a criminal?

Important facts as own personal experiences can be:

- Difficult birth (e.g. caesarean);
- Separation from the mother in early childhood (e.g. through hospitalization);
- Traumatic childhood experiences;
- Life-threatening happenings and accidents, regardless of age.