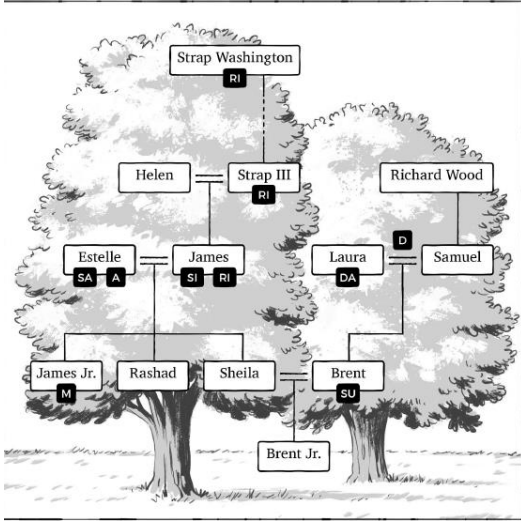


Creating Your Family Tree



Fill out a simple family tree with as much information as you know about your family.

Note: If you don't know much about your biological family, you may decide to build your family tree including important people and caregivers who raised you.

Creating Your Family Tree

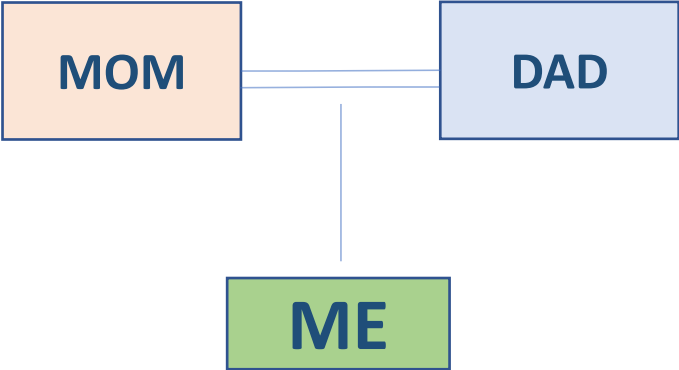
It all starts with YOU!



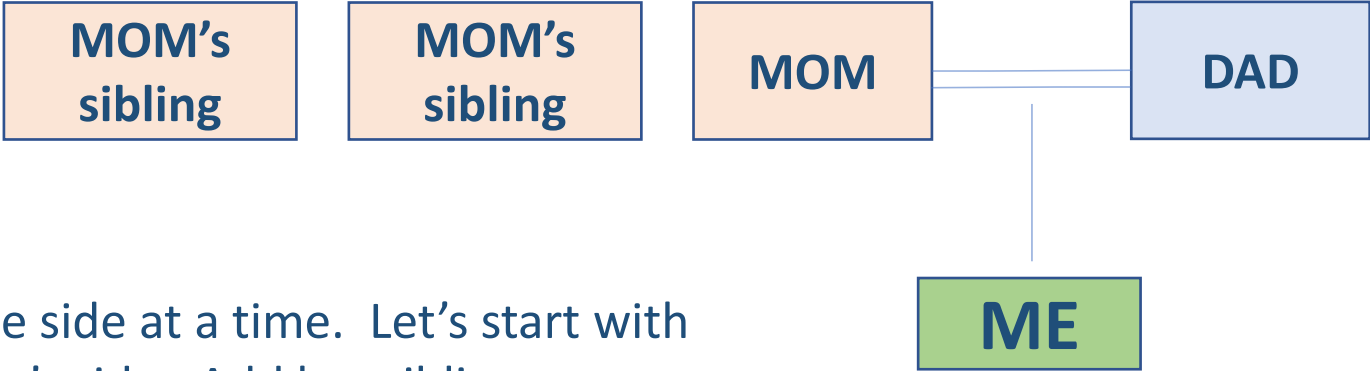
ME

Creating Your Family Tree

Next, add your parents.

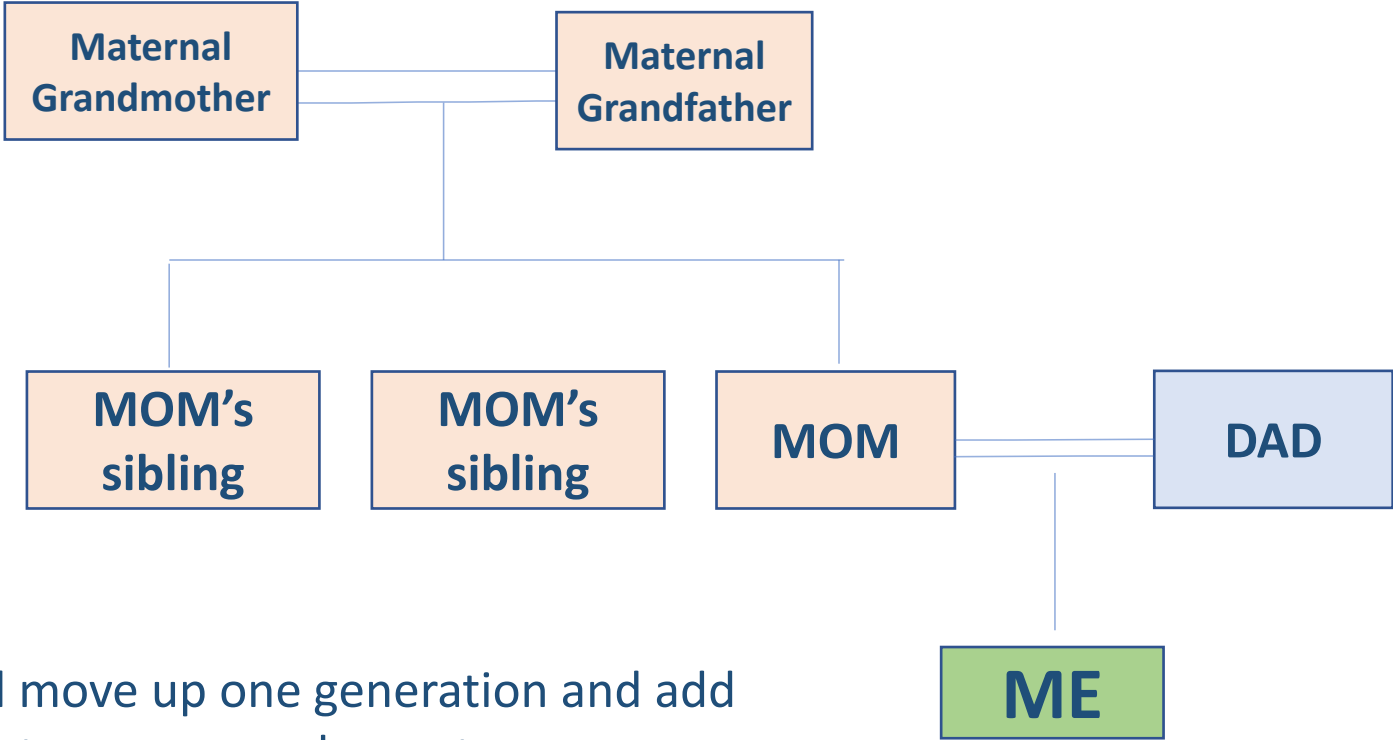


Creating Your Family Tree



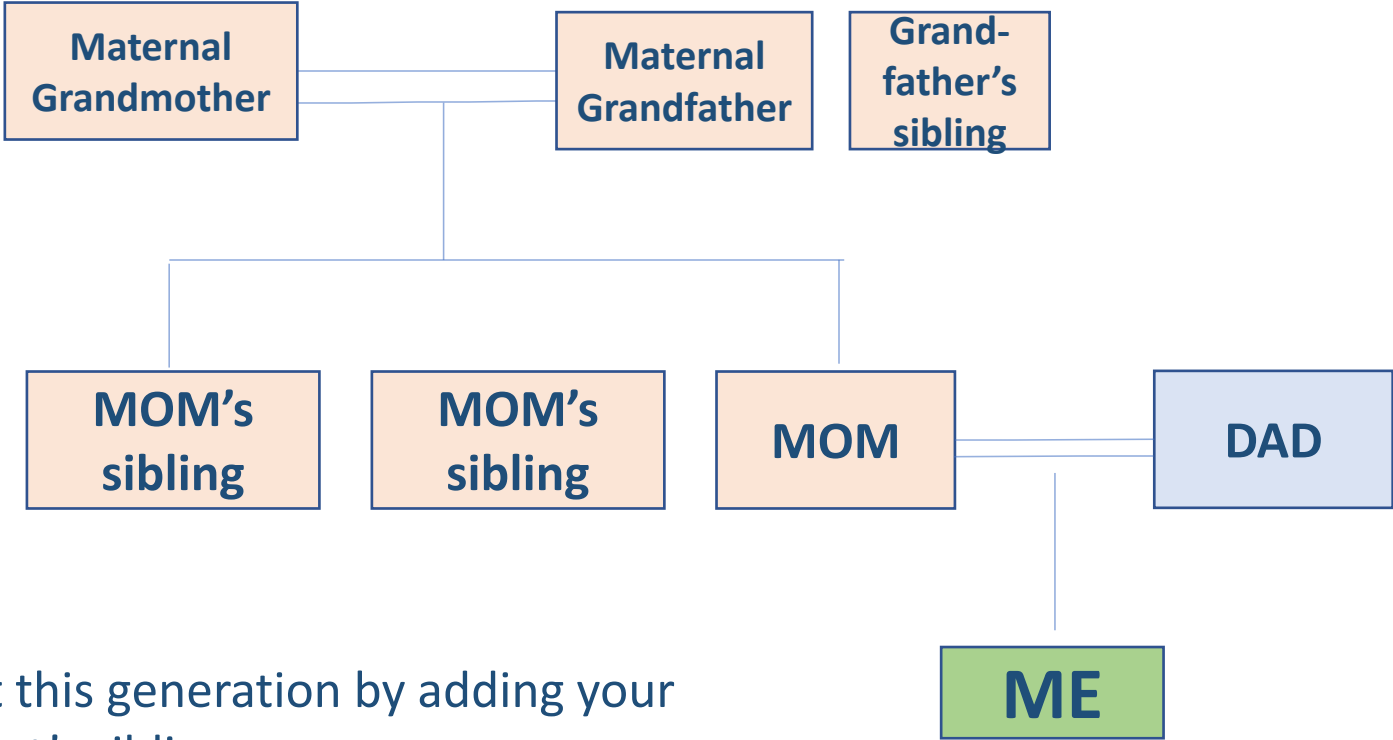
We'll do one side at a time. Let's start with your mother's side. Add her siblings.

Creating Your Family Tree



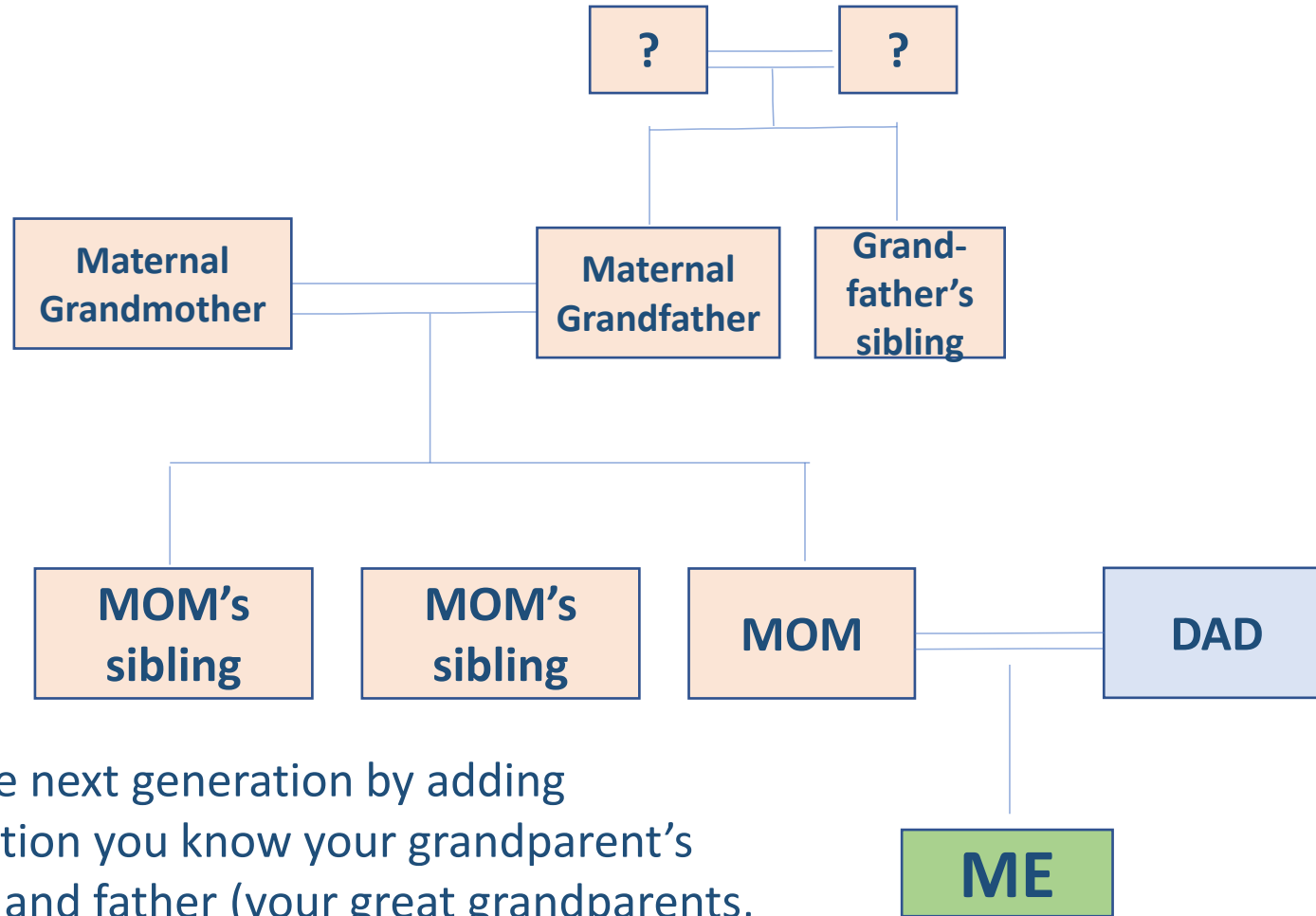
Next, we'll move up one generation and add their parents...your grandparents.

Creating Your Family Tree



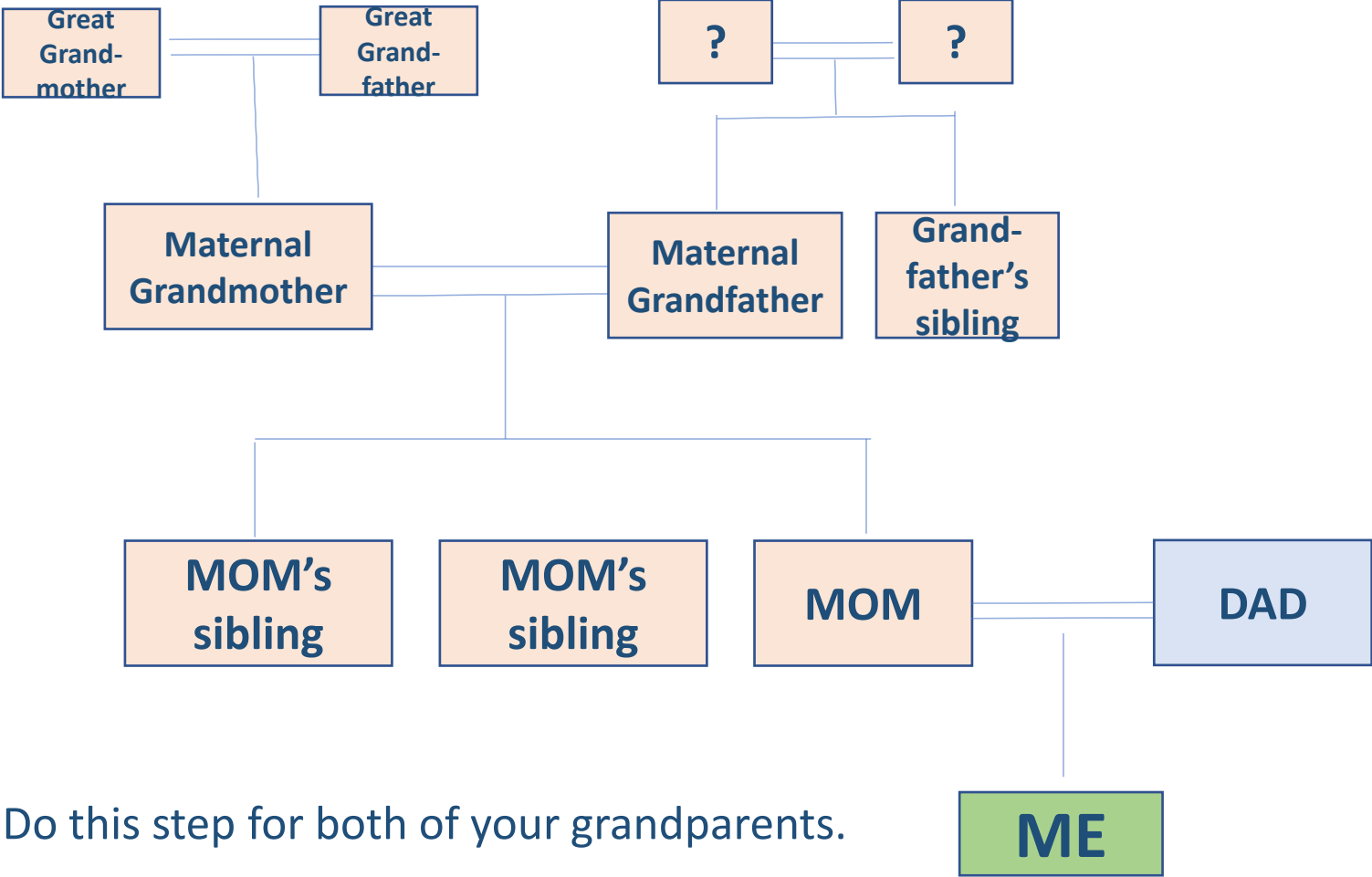
Round out this generation by adding your grandparent's siblings.

Creating Your Family Tree



Start the next generation by adding information you know your grandparent's mother and father (your great grandparents, of course).

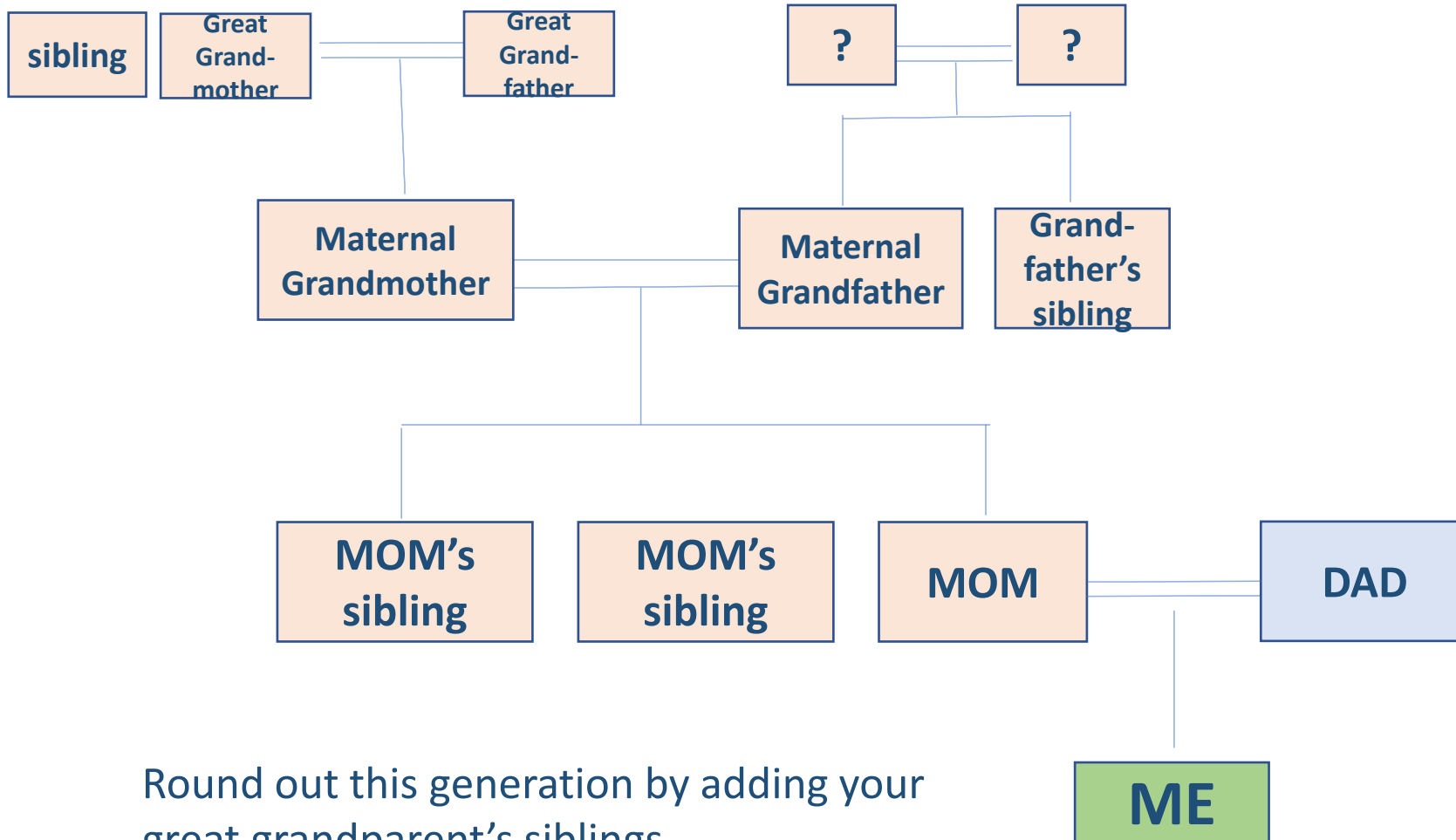
Creating Your Family Tree



Do this step for both of your grandparents.

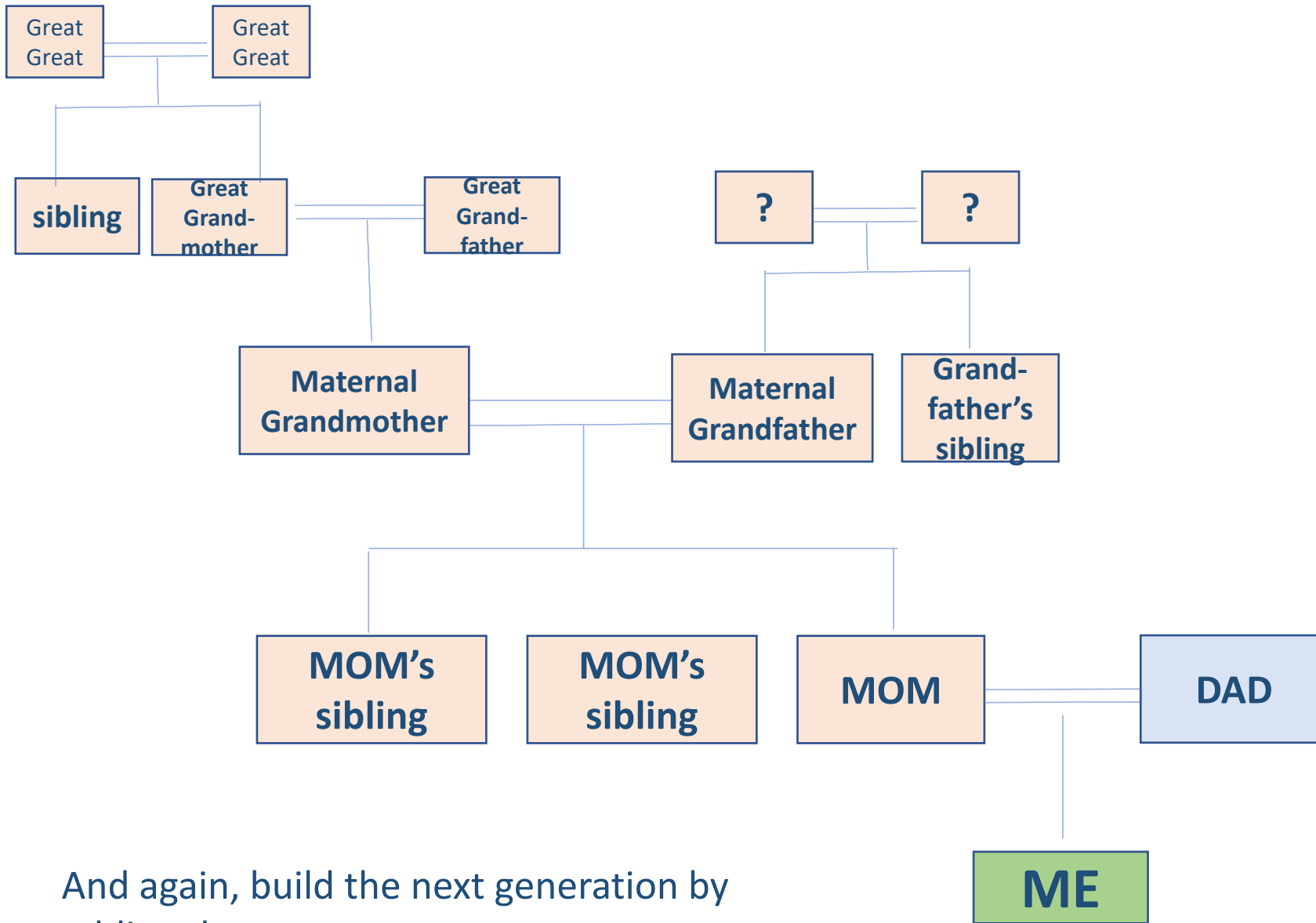
ME

Creating Your Family Tree



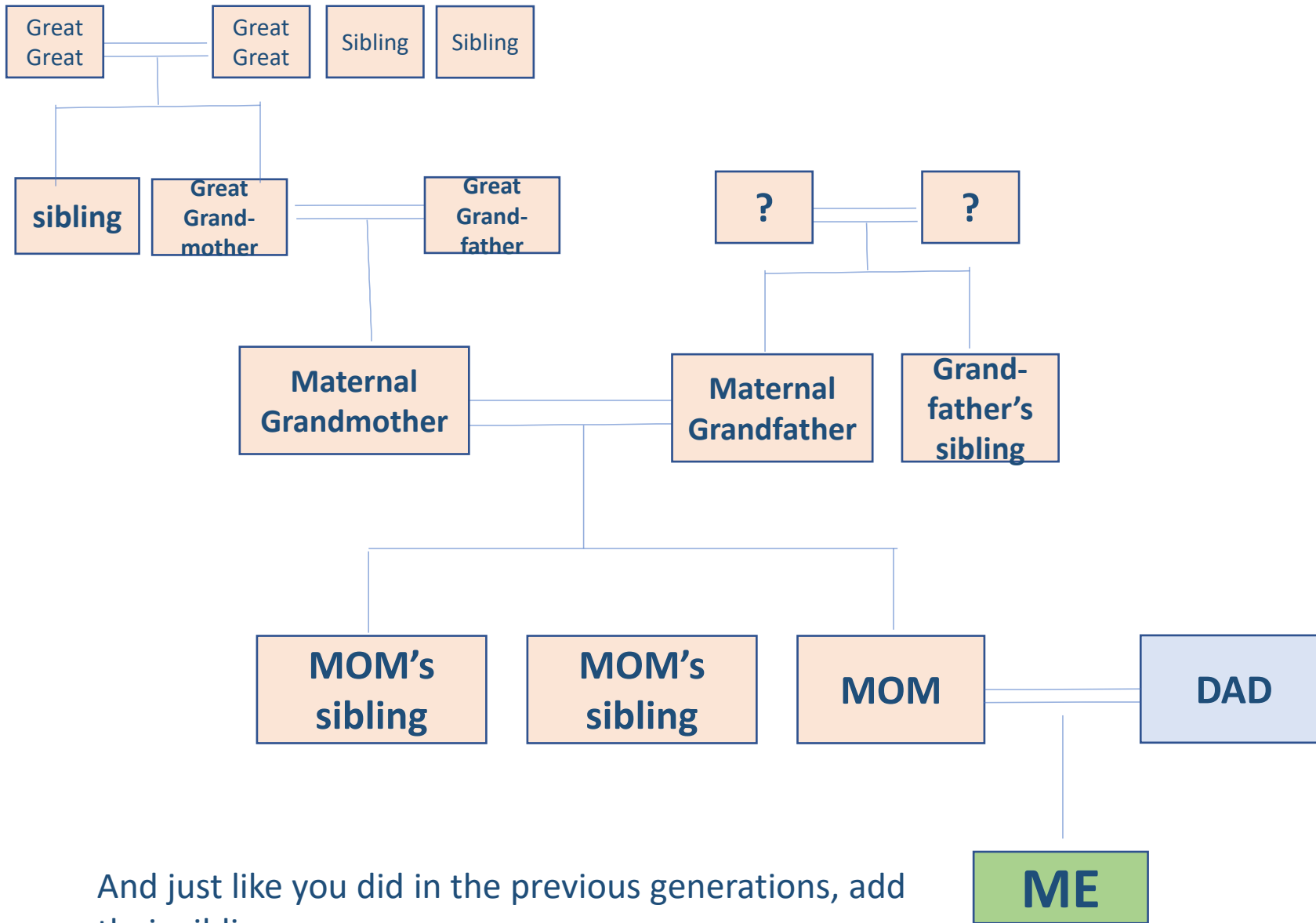
Round out this generation by adding your great grandparent's siblings.

Creating Your Family Tree



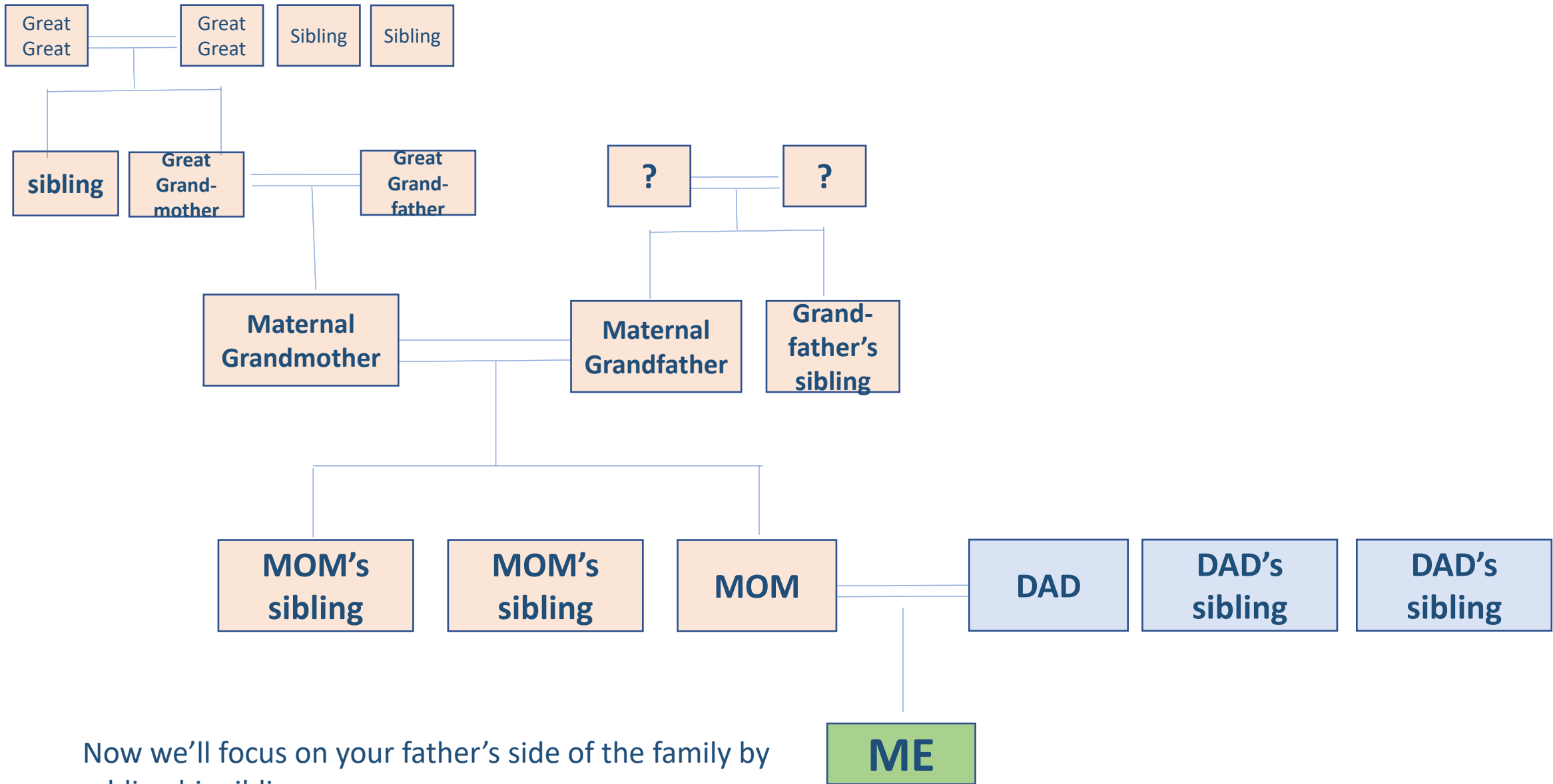
And again, build the next generation by adding the parents.

Creating Your Family Tree



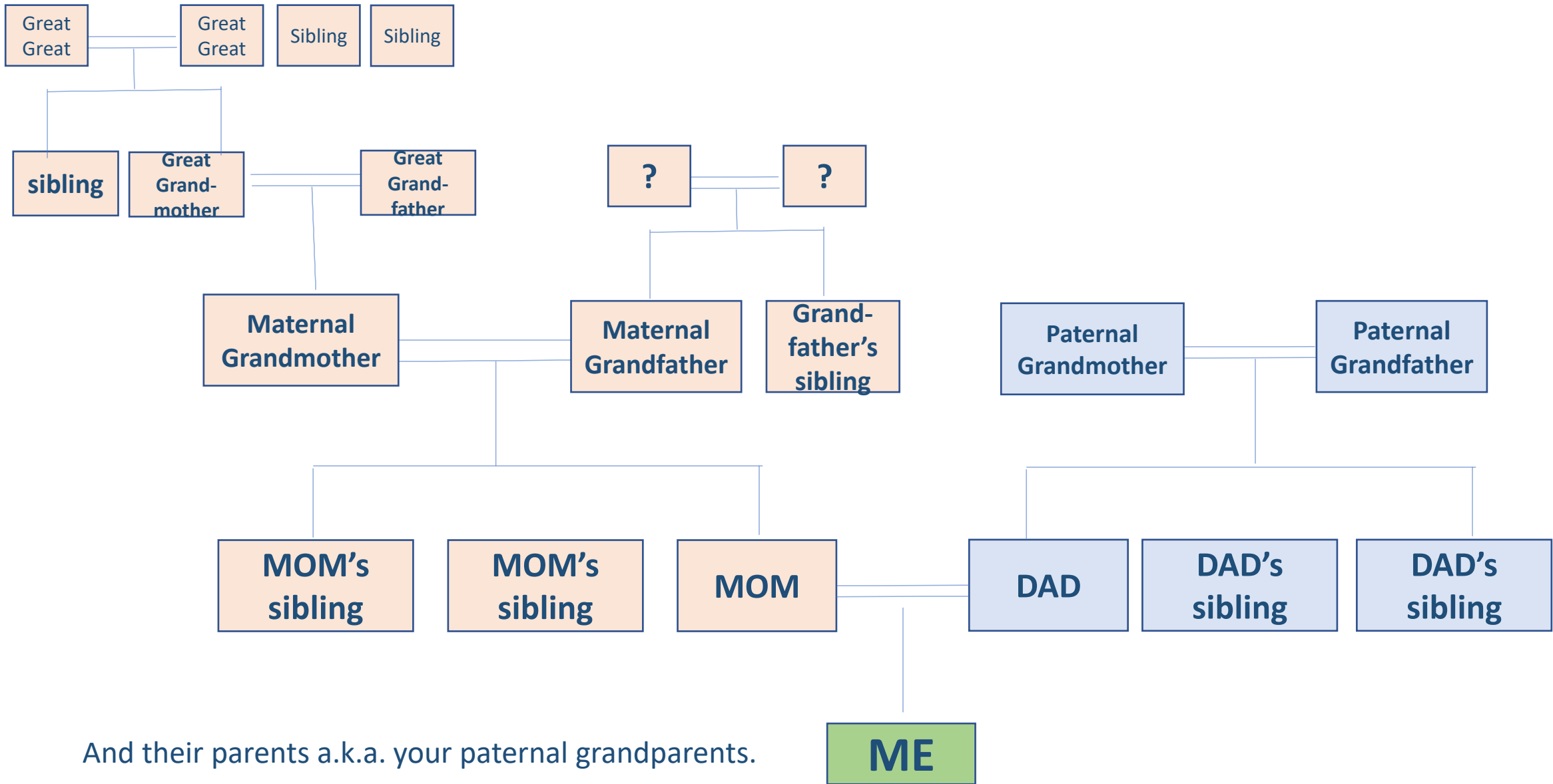
And just like you did in the previous generations, add their siblings.

Creating Your Family Tree



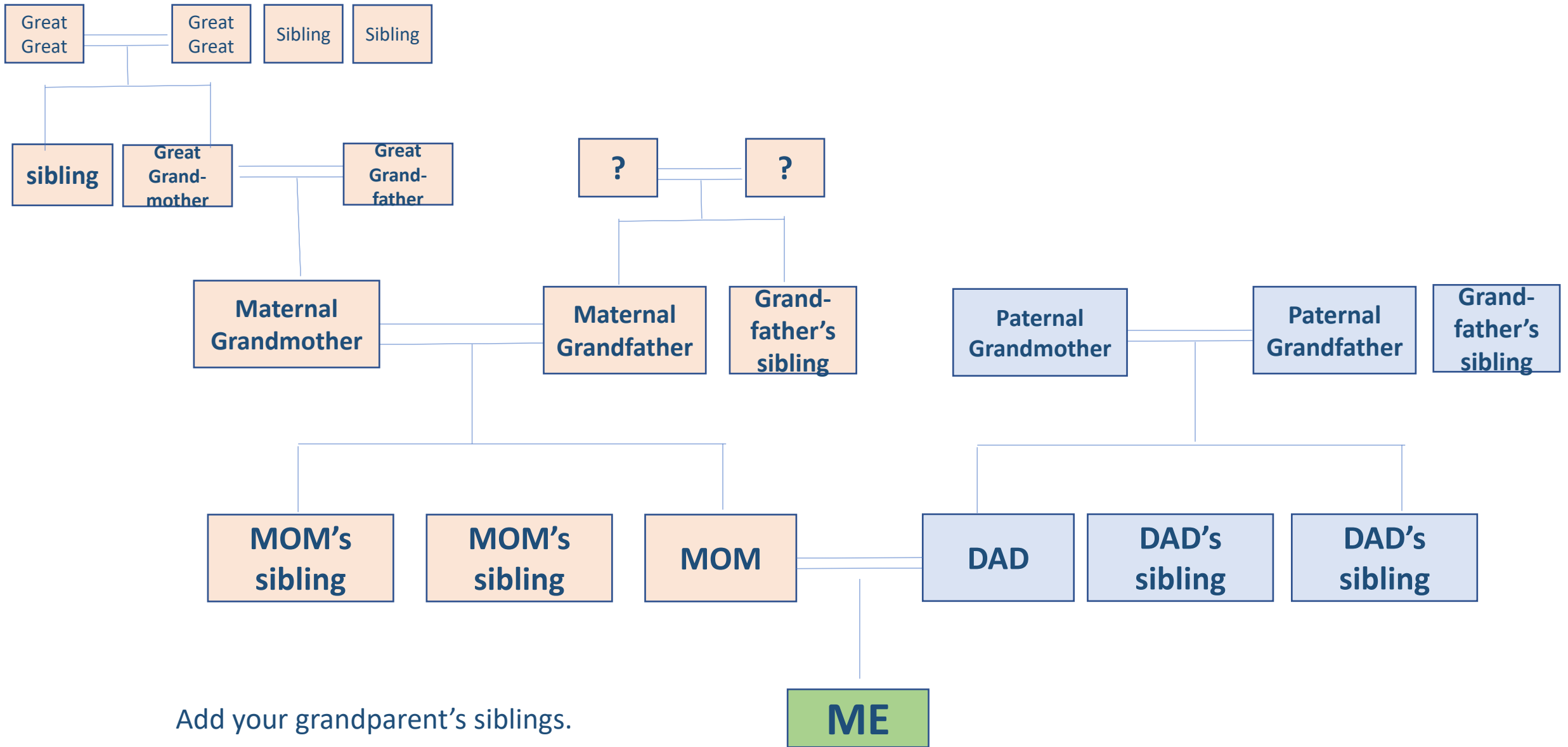
Now we'll focus on your father's side of the family by adding his siblings.

Creating Your Family Tree

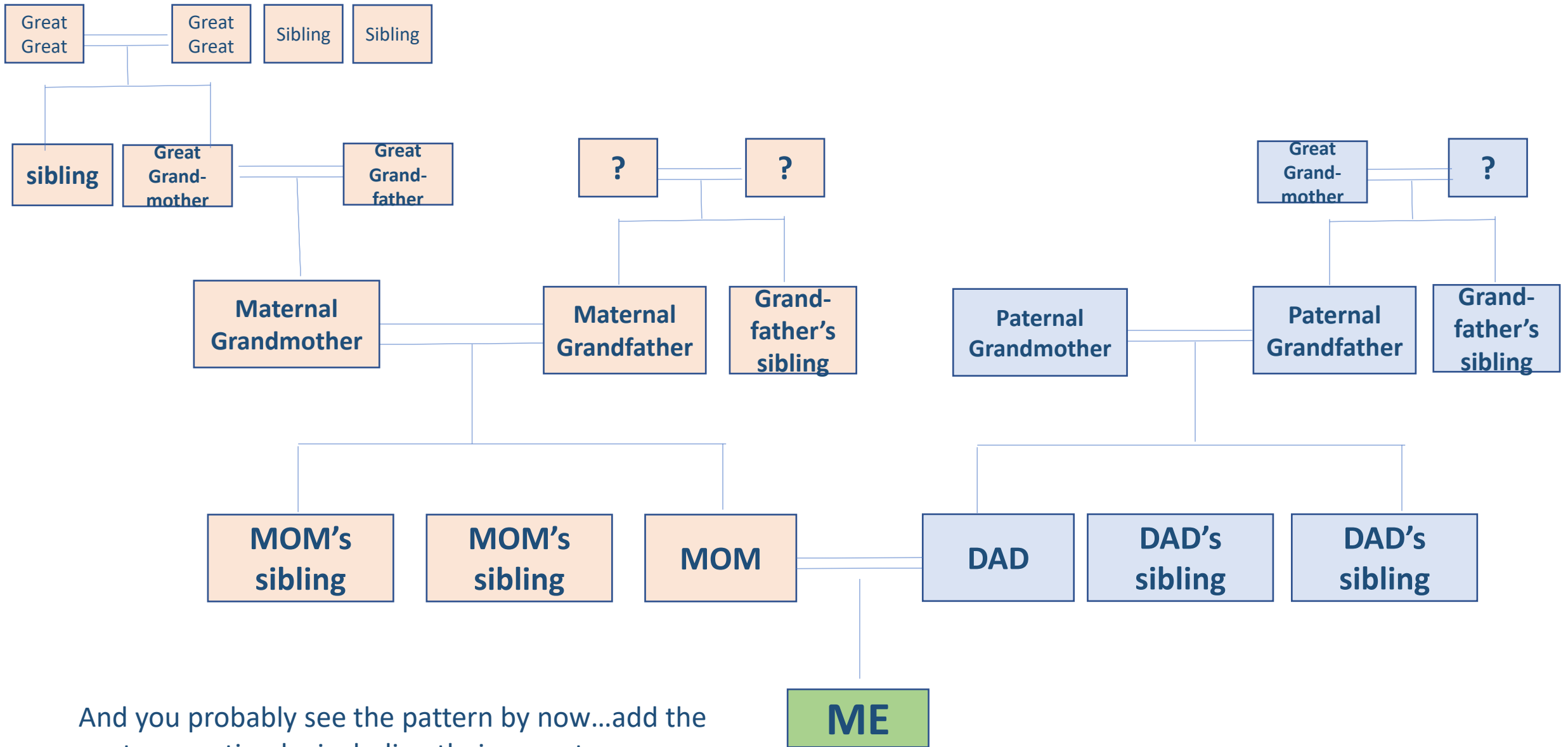


And their parents a.k.a. your paternal grandparents.

Creating Your Family Tree

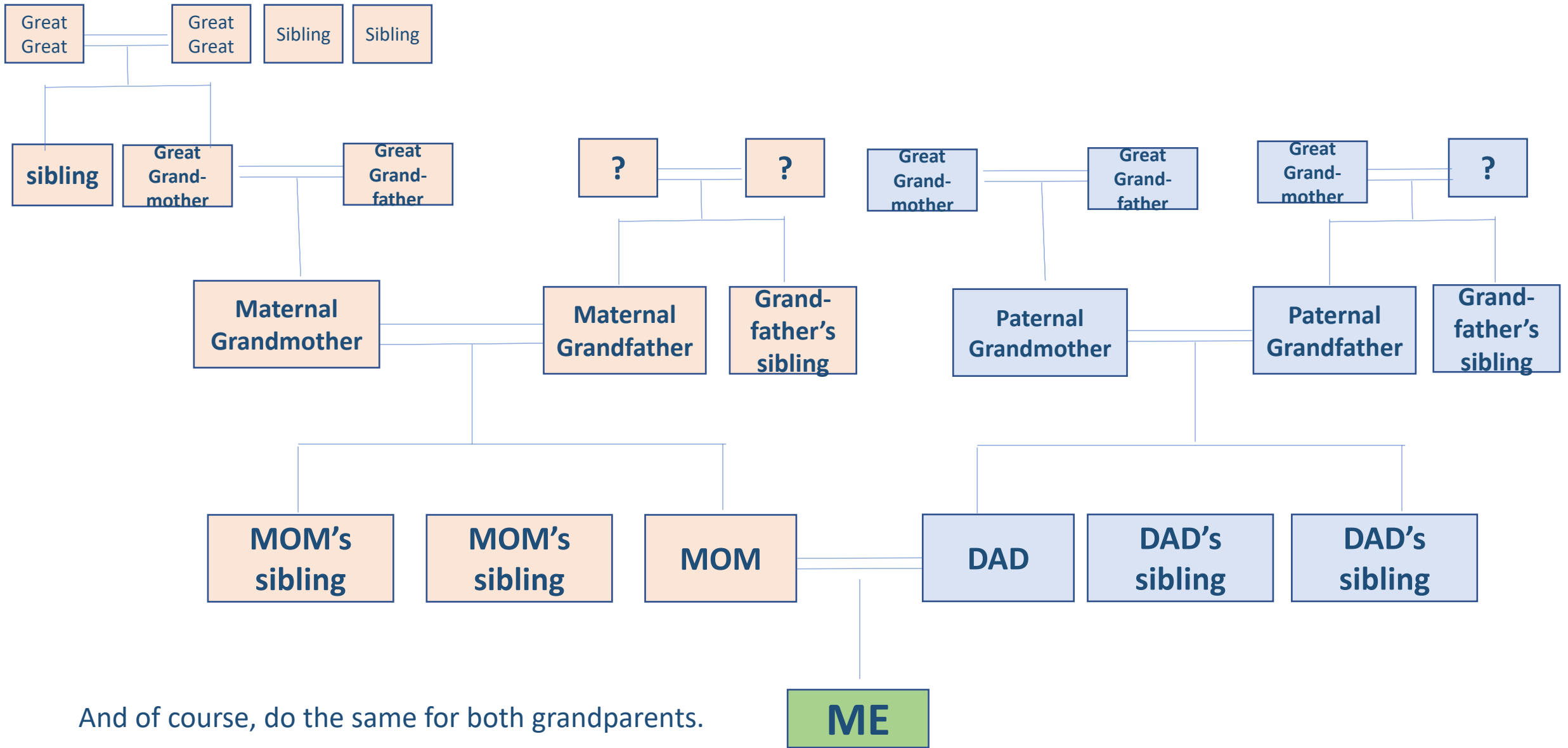


Creating Your Family Tree



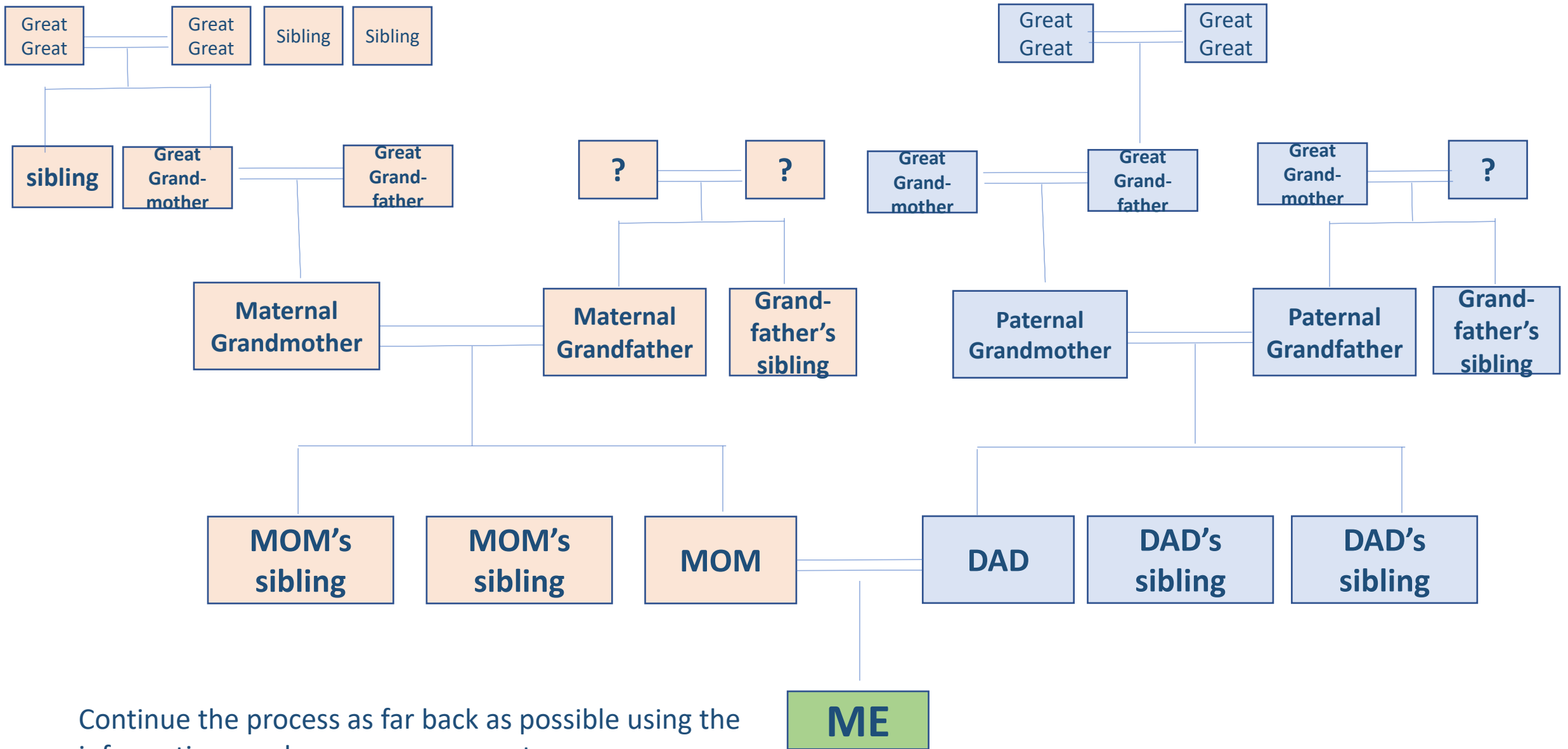
And you probably see the pattern by now...add the next generation by including their parents.

Creating Your Family Tree



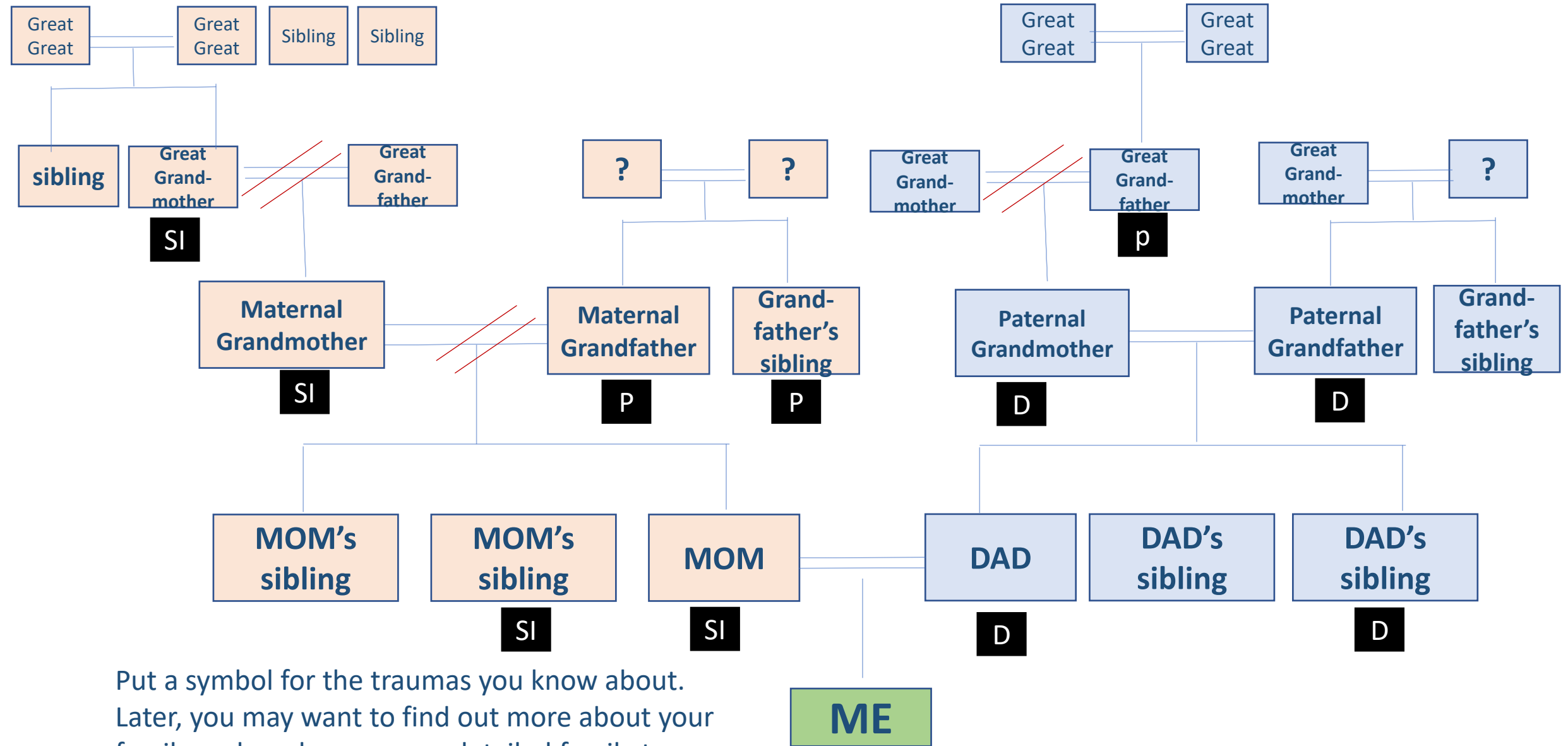
And of course, do the same for both grandparents.

Creating Your Family Tree



Continue the process as far back as possible using the information you have on your ancestors.

Creating Your Family Tree



Put a symbol for the traumas you know about.
Later, you may want to find out more about your family and work on a more detailed family tree.