

CLEAR YOURSELF FREE YOURSELF

# FAMILY CONSTELLATIONS



## Preparing for a Constellation

It is important to gather as much factual information about your family as possible, knowing that pertinent information will emerge during the constellation. These questions should be considered when completing the Constellation Form.

Did you or anyone from your family system:

- have a child who died young (before 2 years)
- lose a parent early, before the child was 28 or 30 years old
- die as a result of childbirth or whose life was in danger during childbirth?
- have a difficult birth (C-section, prolonged labor?)
- have a stillborn child
- have a miscarriage or an abortion
- have an illegitimate or extramarital child
- experience rape or incest
- experience an early separation from their mother (due to hospitalization, etc.)
- have children who were abandoned, passed on to foster parents or relatives at an early age
- go to a boarding school at an early age
- have children who were given up for adoption
- have a major accident, injury or serious illness
- suffer loss due to natural or other disasters
- suffer physical disabilities or mental deficiencies
- suffer from mental illness
- become imprisoned (jail, prison, reservation, internment or concentration camp, prisoner of war, etc.)
- serve in the military
- suffer exclusion from the family
- become a nun, monk or priest
- part of a cult or extreme religious organization
- suffer bankruptcy
- emigrate from another country
- experience slavery or were slave masters, slave traders etc.
- have colonial rulers
- have native ancestors
- become a missing person

# Preparing for a Constellation, continued

- never marry
- never had children
- gay, transgender or have gender identity issues
- encounter exclusion or prejudice: meaning disrespected, slandered, treated with contempt or as an outcast – due to disability, alcohol or drug use, homelessness, sexuality etc. or criminal activity
- lose their fortune
- complain of being taken advantage of (i.e., an unequal inheritance)
- experience a family feud
- were victims of violence or murder by a member of the family or others outside the family
- gain from the misfortune or death of another
- experience a traumatic life-threatening event/accident at any age
- attempt or commit suicide
- commit a crime, including a war crime
- survive or die in the Holocaust or other genocide
- have to flee their home/homeland
- have parents of different nationalities
- were not allowed to leave the parental home

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