

Family of Origin Chart



Family of Origin	Mother's Family		Father's Family	
<p>Construct a family history of tobacco use over 6 generations.</p> <p>Identify the extent to which tobacco use is part of the family tradition and to develop insights that are useful in building an action plan for recovery</p> <p>Some Questions?</p> <ul style="list-style-type: none"> • Who in my family smoked? • At what age did they start? • At what age did I start? • Who has attempted to stop smoking? • Who is in recovery? • Are there any other addictions in my family system? • Are there any serious problems identifiable in my family system? 	Great Grandmother	Great Grandfather	Great Grandmother	Great Grandfather
	Grandmother	Grandfather	Grandmother	Grandfather
	Mother - Father (include brothers and sisters)			
	Me include brothers and sisters			
	Child (children)			
	Grandchildren			