

Transgenerational Healing Journal

Studies reveal that trauma can be passed down from generation to generation. While symptoms of transgenerational trauma always begins with the survivor of a trauma, oftentimes trauma is present in the second generation and beyond.

Trauma responses in the present day can present in any number of ways. This journal is not meant to replace medical advice or intervention. It's recommended to seek the help of a qualified mental health professional.

This journal should only be a starting point for self discovery. Use this as a guideline to document and find understanding.

Time and Date	
Who is this journal entry about? What is their relationship to you?	
What type of lifestyle did they have? (see guidelines below)	
What were the hardships, challenges, or trauma they may have experienced?	

<p>Did you or your siblings face any of the same types of experiences they did?</p>	
<p>What behaviors and/or thought processes do you have that might be related?</p>	

Journaling instructions

- Inquire as far back as you are able to and include your parents as well.
- Consider time period, location, living conditions, possible hardships and challenges, ethnicity, religion, affiliations, education etc.
- Consider the traumatic events or experiences they may have had during their life.
- If you are able to talk with them, ask about their life. Be sensitive to their feelings and compassionate with your questions
- Some sample questions might include:
 - What were the biggest challenges you had to overcome
 - How did (insert big event of the era) affect you
 - What was your relationship with your parents like
 - Did you ever experience anything that felt too big to handle (alternate question: Did you ever experience anything traumatic?)
- Our ancestors survived many collective trauma events... as you consider what those were, you must also consider how those are affecting you in the present day.
- What behaviors/trauma responses do you exhibit that might be related to transgenerational trauma?

For more information about Intergenerational Trauma:

<https://www.betterhelp.com/advice/inclusive-mental-health/understanding-and-healing-from-intergenerational-trauma/>

Understanding the Impact of Trauma:

<https://www.ncbi.nlm.nih.gov/books/NBK207191/>