



# Family Stress Tree

**Exploring Intergenerational  
Stress Patterns**

**THEJORNI.COM**

# DISCLAIMER

This Family Stress Tree is a self-reflection tool designed to promote awareness and understanding of intergenerational stress patterns. It is not a diagnostic instrument and should not be used as a substitute for professional mental health advice, diagnosis, or treatment.

If you are concerned about your stress levels or mental health, please consult with a qualified healthcare provider. The insights gained from this exercise are meant to support your personal growth and understanding, but remember that you are not defined or limited by your family history.

If completing this exercise causes you distress, please reach out to a mental health professional for support.

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# WELCOME

INTERGENERATIONAL STRESS  
REFERS TO PATTERNS OF  
STRESS AND COPING  
MECHANISMS THAT ARE PASSED  
DOWN THROUGH FAMILIES.

OUR STRESS RESPONSES ARE  
SHAPED NOT ONLY BY OUR OWN  
EXPERIENCES BUT ALSO BY THE  
EXPERIENCES OF OUR PARENTS,  
GRANDPARENTS, AND EVEN  
EARLIER GENERATIONS.

THIS CAN HAPPEN THROUGH  
LEARNED BEHAVIORS, SHARED  
ENVIRONMENTAL FACTORS, AND  
EVEN EPIGENETIC CHANGES. BY  
UNDERSTANDING THESE  
PATTERNS, WE CAN GAIN INSIGHT  
INTO OUR OWN STRESS  
RESPONSES AND POTENTIALLY  
BREAK NEGATIVE CYCLES.



# HOW TO USE THIS TREE

We provided two trees for you, so you can do both sets of grandparents as well. Start with your parents and work your way down.

Fill in as many people as you know. Your parents, and any siblings and children you have.

Then do each set of grandparents, one for your mother's side and one for your father's side.

For each person, use the notes to fill in:

1. Major life stressors they experienced
2. Their common stress responses
3. Coping mechanisms they typically used

If you don't know certain information, it's okay to leave it blank.

Look for patterns across generations.

Reflect on how these patterns might influence your own stress responses.

Use the reflection questions at the end to deepen your understanding.



# Family Tree

FATHER

MOTHER

YOU

SIBLING

SIBLING

SIBLING

CHILD

CHILD

CHILD

CHILD

# NOTES



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# Family Tree

GRANDFATHER

GRANDMOTHER

MOTHER

GRANDFATHER

GRANDMOTHER

FATHER



# NOTES



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# REFLECTION QUESTIONS

What patterns of stress do you notice across generations?

Are there any recurring coping mechanisms?

How might your family's stress patterns influence your own responses?

## COMMON STRESS RESPONSES

- Anxiety
- Depression
- Anger
- Withdrawal
- Physical symptoms (e.g., headaches, muscle tension)
- Emotional numbness
- Hypervigilance
- Sleep disturbances

## COMMON COPING MECHANISMS

- Exercise
- Meditation/Mindfulness
- Substance use
- Seeking social support with family and/or friends
- Problem-solving
- Avoidance
- Creative expression
- Professional help like therapy