



the **jōrni**



Family Stress Tree

WORKBOOK

Family Stress Tree

Copyright © 2025 The Jörni

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

The Jörni is a registered trademark of PJB Marketing International SAS.

For permission requests, please contact:

help@thejorni.com

<https://thejorni.com>

Disclaimer: This workbook is provided solely for educational and organizational purposes. The content, tools, and suggestions in this workbook are not intended as financial, medical, or legal advice and should not be relied upon as such. All decisions and actions taken based on the information provided in this workbook are the sole responsibility of the user. Neither the author nor the publisher shall be liable for any injury, financial loss, or other damages resulting from the use of this workbook. If you have specific concerns, please consult a qualified professional before proceeding.

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



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

NOTES



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

Family Tree

GRANDFATHER

GRANDMOTHER

MOTHER

GRANDFATHER

GRANDMOTHER

FATHER

NOTES



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....



.....

.....

.....

.....

.....

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

Thank You

FOR EXPLORING THE FAMILY STRESS TREE WORKBOOK

This workbook is just the beginning—a thoughtful tool to help you explore generational patterns of stress and coping with curiosity and compassion. If you’ve found these tools helpful, we invite you to continue exploring this transformative journey with us.

Discover the full **Functional Freeze Formula** in the book, where you’ll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We’re so glad you’re here!