



soul E motion

constellations – solutions

QUESTIONNAIRE FOR PERSONAL CONSTELLATIONS

Facts about your family history are helpful in constellation work. Researching your family by asking parents, aunts, uncles, grandparents, siblings and cousins about important family events is a wonderful preparation before setting up a constellation. This questionnaire serves as a guideline about what I might ask during your personal constellation. For your own preparation only.

1. Names, birth dates and death dates (if applicable) of:

a) yourself, your siblings or half siblings (oldest one first)

b) your parents and their siblings, also half siblings (oldest one first), what do or did your parents do for a living

c) your grandparents and what they did for a living

father's side:

mother's side:

2. Did any of your parents or grandparents have any other significant relationships, spouses or other marriages before they got married? Are there children from previous relationships? Are any of these relationships a family secret because of differences in class, race or age?

3. Did you, your parents or grandparents have any children who were still born, aborted or miscarried?

4. Are there any family secrets in your family like estranged family members, any kind of abuse or children who were given away for adoption?

5. Did anybody in your family suffer from mental illness or die a violent death (war, accident, homicide, suicide)? Did any of your foremothers die in childbirth?

6. Did any of your great grandparents play a special role in your family?

7. Did someone in the family commit a crime or are there other reasons for strong feelings of guilt in the family?

8. Was anyone in your family forced to leave their home or homeland?

9. Did anyone in your family have parents of two nationalities?

10. Are there any other special events or circumstances in your family you can think of?