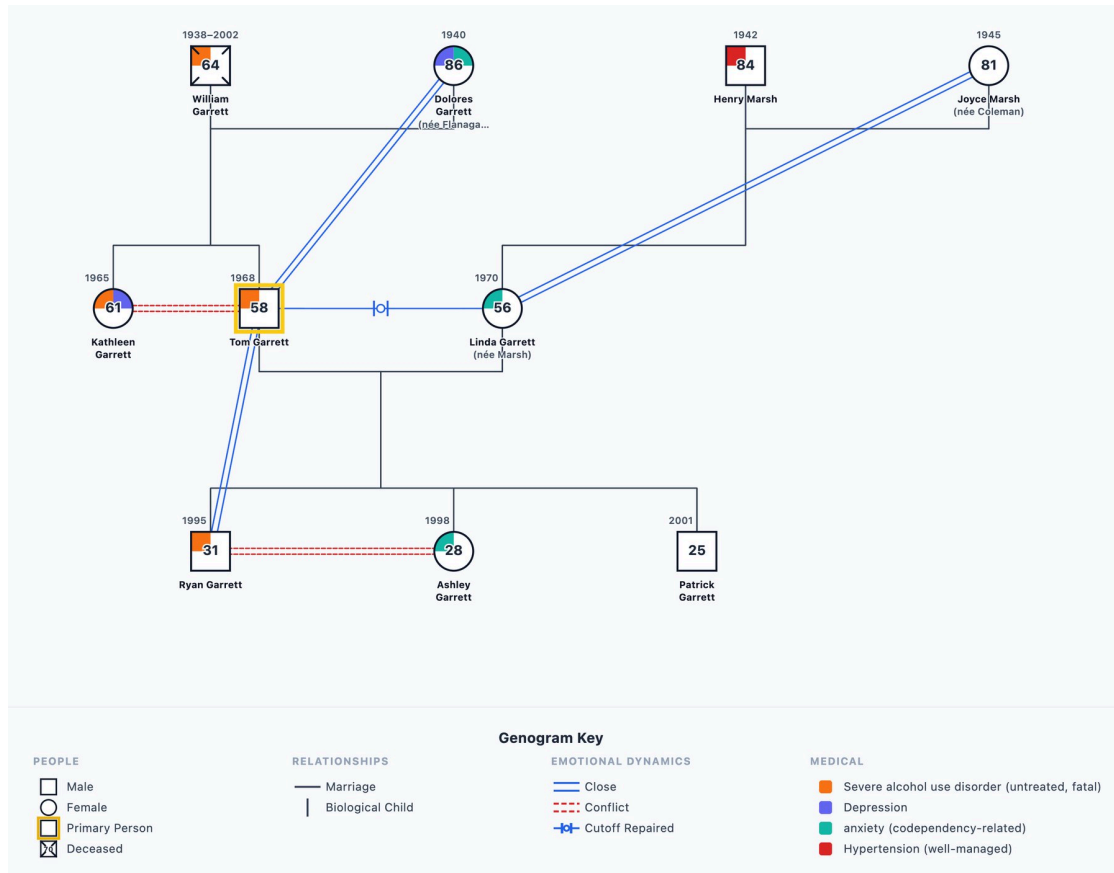


Substance Use and Addiction Genogram Template: filled-in example

Addiction Recovery Family · a fictional family drawn in GenogramAI · blank version on page 2



The example is a fictional three-generation family centred on Tom Garrett (b. 1968), now a substance use counselor: substance use in his father William, in Tom himself and in his sister Kathleen, anxiety and depression in the women of the family, and a repaired cutoff between Tom and his wife Linda after he entered recovery.

PERSON SYMBOLS

- **Male (Square)** A square represents a male family member in standard genogram notation.
- **Female (Circle)** A circle represents a female family member in standard genogram notation.

STATUS MARKERS

- **Deceased (X)** An X drawn through the symbol indicates the person is deceased.
- **Index Patient (Arrow)** An arrow pointing to a person identifies them as the index patient — the individual who is the focus of the clinical assessment.

STRUCTURAL RELATIONSHIPS

- **Marriage** A solid horizontal line connecting two individuals represents a marriage or committed partnership.
- **Parent-Child** A vertical line descending from a couple line to a child symbol represents a parent-child relationship.

EMOTIONAL RELATIONSHIPS

- **Close** Two parallel lines between individuals represent an emotionally close relationship.
- **Conflict** A zigzag line between individuals represents an openly conflictual relationship.

MEDICAL CONDITIONS

- **Anxiety Conditions** Shading in the genogram symbol indicates anxiety-spectrum diagnoses (GAD, panic disorder, phobias, OCD).
- **Depressive Disorders** Shading indicates depressive conditions (major depression, dysthymia, bipolar disorder).
- **Cardiovascular Conditions** Shading indicates heart disease, hypertension, stroke, or other cardiovascular conditions.

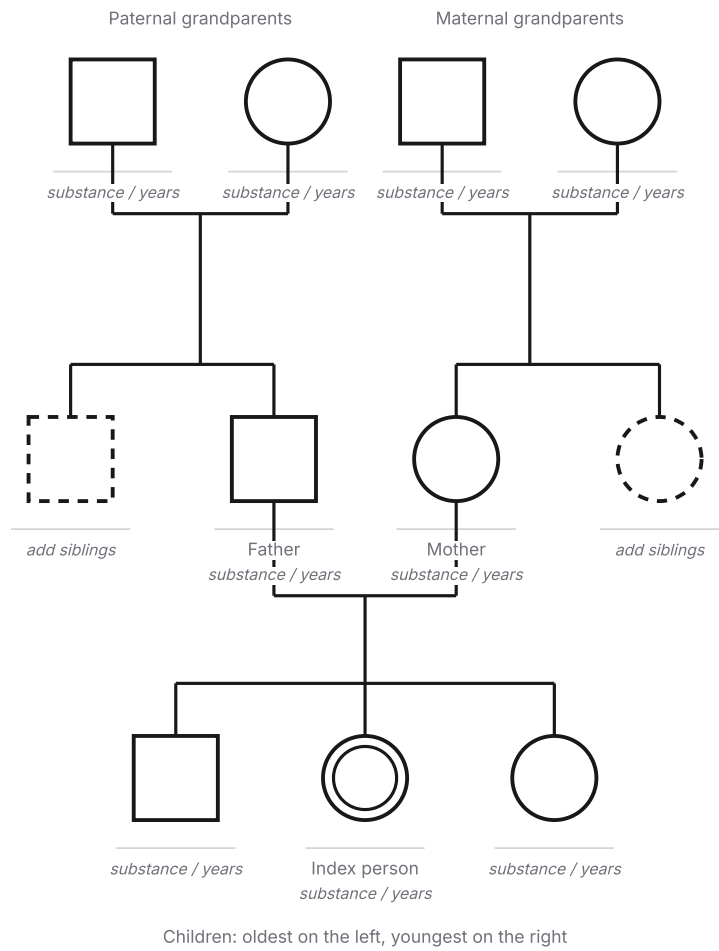
Substance Use Genogram Template

Three generations of alcohol and drug use, recovery and relationships

Client: _____

Counselor: _____

Date: _____



Symbol key: substance use and relationships

- Alcohol or drug misuse (bottom half)
- Suspected (same area, striped)
- In recovery from substance misuse
- Illness and substance misuse

- Close (two blue lines)
- Fused / enmeshed (three lines)
- Conflict (two dashed red lines)
- Distant (dashed line)
- Cutoff (line broken by two bars)

Notes: substances, onset, treatment and sobriety dates, family roles
