The NeuroKin Genogram

A family map for autistic and ADHD people: who else might be wired like you?

A genogram is a map of your family, drawn across the generations, with lines for how people are connected. Most genograms track what's gone "wrong." This one tracks **recognition**: who else in your family might be neurodivergent, what they called it back then, and what it cost them, or gave them. Sometimes it's joy: the grandma who sewed the whole family's clothes, or kept a freezer full of desserts.

How this works

- **It's your map.** You decide who goes on it, including chosen family, pets, and people you're not related to.
- **You're not diagnosing anyone.** "Probably" and "maybe" are fine. Hold it loosely.
- **Leave things off.** Some branches hurt. You don't have to fill in anyone you don't want to.
- **You don't have to do it all at once.** Start with you. We can build the rest together, over weeks or months.

Build your map online

1. Go to `sparrowpsychotherapy.ca/resources`, or scan the code below with your phone camera.
2. Scroll to **Make your map online**.
3. Start with you. Add your people, your things (emojis welcome), and a memory or two. Then connect them.
4. Save a picture, or send it to yourself, and bring it to a session.

Your map stays on your own phone or computer. It isn't sent to me or anyone else.

Prefer paper? Ask me for a blank sheet. We can also build it in the sand tray.

Things you might map

Tick the ones you want to think about. Skip the rest.

- ☐ **Neurokin.** Who's diagnosed, self-identified, or a "probably"?
- ☐ **The old words.** Who "had nerves," "took to bed," was "highly strung," "eccentric," or "difficult"?
- ☐ **The ones nobody talks about.** Anyone sent away, institutionalized, or left out of the stories?
- ☐ **Hyperfixations, handed down.** What did people love, collect, or know everything about?
- ☐ **Language.** Who gets you without explaining? Who do you always translate for?
- ☐ **Masking.** Who held it together in public and fell apart at home?
- ☐ **Roles.** The difficult one, the scapegoat, the one who got picked on, the peacekeeper.
- ☐ **Senses.** Who couldn't stand tags, noise, certain foods, or hugs?
- ☐ **The family rulebook.** Which rules did nobody say out loud? Who got in trouble for breaking them?
- ☐ **Strengths.** What good things came down the line?