

Before your Constellation Workshop

To get the most out of your Constellation workshops it is better to arrive prepared.

Try to find out some facts about your family of origin or former partners of your parents:

Did you or anyone in your family:

- have any divorces, adoptions?
- die in childbirth?
- suffer illness or disability resulting from having given birth to a child (your mother, grandmother, great-grand-mother, or a former partner of your father or grandfather)?
- find her life in danger during childbirth (your mother or grandmother)?
- commit or attempt a suicide?
- serve or die in military service, or in a war?
- become a prisoner of war, or spent time in concentration camps?
- have a stillborn child?
- have an abortion or a miscarriage?

Note: Abortions and in some cases miscarriages affect the couple's or parents' relationship, and may or may not have an impact on the other children. Children should not inquire about an abortion or miscarriage, honoring it as part of the dignity and privacy of the parent's relationship. A stillborn child, however, is considered a sibling and children do better to know about it.

- have an illegitimate child?
- have a child who was abandoned or given up for adoption?
- have a difficult birth (including CEsarian section)?
- experience separation from the mother at a young age (e.g. an illness or hospital stay)?
- experience a traumatic event during childhood?
- have a life-threatening event/accident at any age?
- have a former spouse, fiancé, partner or lover (the parents or grandparents)?

Note: Children should inquire about former partners only if they were a spouse or fiancé. Other kinds of relationships may be known about from family "stories" but are a part of the parents' privacy. However, children do better to know about children from any former relationship.

- have a serious illness?
- have a long-lasting illness?
- have a physical or mental disability?
- commit a crime, including a war crime?

Note: Children should not inquire about war crimes, but it may be known as part of the family lore.

- survive or perish in the Holocaust or a genocide taking place at another time?
- become a missing person?
- join the clergy or enter a monastery?
- belong to secret societies, occults, sects, or fraternal orders where members were either initiates, or were bound by an oath, or were sworn into service of some sort (eg.:masons, etc.).
- encounter prejudice - being slandered, ignored, disrespected, dishonored, treated with contempt or as an outcast (e.g., homosexuals or lesbians, disabled persons, alcoholics, criminals, street people, war veterans)?
- complain of being taken advantage of (e.g. with regard to an inheritance)?
- immigrate to another country?
- lose your or their fortune?
- not marry and/or get belittled due to not marrying?
- had some sort of a secret?
- live an unusual life?

Note: *If you don't know much about your family of origin, either of your parents, or you were adopted the Constellation work can shed light on many things for you.*

If you were not able to find anything out – don't worry, as we your facilitator has the tools do perfect constellations with hardly any information at all.