



# Tracy Cartwright CONSTELLATIONS

## *Before a Workshop*

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*What do you need to know or do to prepare before you come along?*

To get the most out of your Constellation 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 child birth?
- Have a difficult birth? Including C-section
- Suffer illness or disability resulting from giving birth to a child? - (your Mother, Grandmother, Great Grandmother? Or former partner of your Father or Grandfather?
- Find their life in danger during childbirth?
- Commit or attempt a suicide?
- Have a stillborn child?
- Have an abortion or a miscarriage
- Have an illegitimate child? Abandoned or given up for adoption?
- Experience separation from the mother at a young age (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?)
- Have a serious or long lasting illness?
- Have a physical disability?
- Commit a crime, including a war crime?
- Serve or die in military service or in war?
- Become a prisoner of war, or spent time in concentration camps?
- Survive or perish in the holocaust or a genocide taking place at another time?
- Become a missing person?
- Immigrate?
- Lose inheritance?
- Encounter prejudice? - being slandered?, ignored?, dishonored? Treated with contempt or as an outcaste (eg, sexuality, disabled person, alcoholics, criminals, street people, war veterans?)
- Live an unsafe life?
- NB: if you don't know much about your family or origin, either of your parents or you are adopted, the constellation work can shed light on many things for you!
- If you were not able to find anything out - don't worry, constellations still works with hardly any information at all.

### **Participants - responsibility**

Family constellation work can involve intense emotional experiences. It is therefore important for prospective participants to take full responsibility for themselves. This includes considering your emotional and physical stability.

If you have concerns, please discuss them with me prior to the workshop. Please inform me of any significant physical or psychological condition.