Pamela Hanson, M.D., Family Therapist
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FAMILY DATA SHEET

Instructions:

1. **Include at least the year of birth/death if possible. If unknown, list the individual's current age or age at death if possible.**

2. **Include all spouses/serious relationships**

3. **List additional siblings or children at the bottom or on the back.**

4. **For siblings/children, the key information is birth order and spacing. If you can't find out birth years, just number them in order of age.**

5. **If known, list year of marriage.**

FAMILY DATA SHEET: MY FAMILY

Relationship	First Name	Sex	Full/Half/Step	Year Born	Year Died	Year Married
Myself						
My sibling						
My sibling						
My sibling						
My sibling						
My child						
My child						
My child						
My child						
My Father						
Father's sibling						
Father's sibling						
Father's sibling						
Father's sibling						
My Mother						
Mother's sibling						
Mother's sibling						
Mother's sibling						
Mother's sibling						
My Father's Mother						
My Father's Father						
My Mother's Mother						
My Mother's Father						

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FAMILY DATA SHEET: MY SPOUSE'S FAMILY

Relationship	First name	Sex	Full/half/step	Year born	Year died
My Spouse					
Spouse's sibling					
Spouse's sibling					
Spouse's sibling					
Spouse's sibling					
My Stepchild (if any)					
Stepchild					
Stepchild					
Stepchild					
Spouse's Father					
Sibling					
Sibling					
Sibling					
Sibling					
Spouse's Mother					
Sibling					
Sibling					
Sibling					
Sibling					
Father's Mother					
Father's Father					
Mother's Mother					
Mother's Father					

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