



### **Family Ecomap**

#### **What and how does your diagram illustrate your family and its history?**

I have chosen ecomap as the diagram to illustrate my family and its history. Three factors seem noticeable on the diagram- the cause of death, type of relationship with family members, and migration. First, I noticed that five siblings already passed away including my dad on his side of the family while there were none on my mom's side. I found similar cases of hypertension and lung disease as the cause of death on my dad's side. Now that I have my own family, this is an eye-opener for me that we must be cautious with our lifestyle as we have a history of those diseases that run in the family.

Second, the diagram showed a commonality between my mom's and dad's sides as per strained relationship with a family member. On my dad's side, there has been a repaired relationship and a strained relationship between children and parents. It dawned on me that the cause of those rifts was due to real property issues, especially with my dad and grandfather. On my mom's side, there are stressful and even broken relationships due to overcontrol and manipulation. Regardless of the negative connections, there are strong bonds that still exist within other members of the family. As to the relationship I have with my in-laws, it reveals a strong connection with them except for my two brothers-in-law because I don't communicate with them often.

Third, there is migration happening as presented on the diagram due to bigger opportunities in other countries in terms of education, employment, and quality of life. Migration also is a way

to help other members of the family in the country of origin become more secure in the aspect of human needs.

**How does your diagram impact how you look at your life at the present moment?**

I have my fair share of ups and downs. The family struggle is real. Problems arise just as you thought you were done with it. It keeps on showing at the most unexpected times. When I look back at those challenges, it reminds me to keep going because it helped me become stronger. Who and what I am today is the product of yesterday. I cannot erase what happened in the past, but I can change my perspective on how the past contributed to where I am today. I cannot dwell on the past and cry over spilled milk because it won't change family history. Instead, I move forward and learn from the past so I can become a better version of myself. Even though the diagram showed more on the negative side it helped me realize that I am still blessed because I have a strong bond with my two sisters and in-laws. I count the difficulties in life as blessings because they opened the way to greater opportunities and greener pastures.

**How could a family diagram be a useful tool when working with families?**

While I was doing the diagram, history unfolded in front of me. I understand the missing pieces and link them together. I got a better grasp of family connections and the reason behind those relationships. If the diagram has this effect on me, I guess it is also the same with other people. It is a great help in figuring out the ties with other members of the family. It shows evidence of different types of relationships if it is positive or negative. It illustrates the social networks the individual has. Using a family diagram is beneficial in working with families as it reveals, connects, and links pieces of information that will help in creating a plan/strategy on how to deal with the issues surrounding them.