



# WHAT ROLE ARE YOU PLAYING?



## THE ADDICT

CONSUMED BY DRUGS AND ALCOHOL



## THE ENABLER

ALLOWS THE ADDICT TO USE WITH NO CONSEQUENCES



## THE LOST CHILD

SUFFERING THE CONSEQUENCES OF THEIR PARENT'S ADDICTION



## THE MASCOT

ATTEMPTS TO MAKE LIGHT OF THE SITUATION TO COPE WITH THEIR LOVED ONE'S ADDICTION



## THE HERO

ATTEMPTS TO HELP THE ADDICT OVERCOME THEIR ADDICTION

# Family 'Survival' Roles

Source: <http://www.addictioninfamily.com/family-issues/unhealthy-families/>

*Families often form into roles when they are dysfunctional.*

## The Enabler



Close to addict, allow them to continue destructive behavior and provide them support as they spiral downward.

## The Hero



Often the oldest in the family, seen as a success and 'having it together'. May be involved in many activities but struggle internally.

## The Scapegoat



The Scapegoat is the focus of attention in the family for trouble. They don't seem to care about consequences.

## The Lost Child



This role is often occupied by the quiet child. They refrain from talking to stay out of trouble. "Out of sight, out of mind".

## The Mascot



Often taken by the youngest child. The family tries to protect this member from the reality of issues within group.



## **Family Addiction And The Roles We Play.**



**The Addict:** "I'm the one with the problems and using makes them seem to go away."



**The Hero:** "I'll make everything on the outside look perfect because that's easier than looking at my insides"



**The Mascot:** "If I make people laugh I can distract us all from hard feelings."



**The Enabler:** "I'm concerned about what will happen if things change around here... so I'm going to keep things going the same way."



**The Lost Child:** "If I stay quiet and emotionally distant, I won't get hurt or have to look at feelings."



**The Rebel:** "If I act out, maybe someone will help me with my emotions."



**The Caretaker :** "If I take care of someone (everyone) else, then I don't have to think about my feelings"

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