

**Family Lecture - Circle the traits that apply to you:**

<p><u>CHIEF ENABLER</u></p>	<p>Super Responsible, Seriousness, Self-Blaming, Self- Pity - <b>Provides Responsibility</b>  <b>Inner Feelings:</b> Hurt, Anger, Loneliness, Provides Responsibility  <b>Characteristics:</b> Takes Over Responsibility For The Family, Especially Chemically Dependent Person.  <b>Without Help:</b> Continuing Power Struggle, Low Self-Esteem, Feelings of Powerlessness.  <b>With Help:</b> Responsible, High Esteem, Caring Capable.</p>	
<p><u>FAMILY HERO:</u> (Tends to be oldest)</p>	<p>Visible Success, Does What's Right Works Hard, For Approval- <b>Provides Self-Worth (Family Can Be Proud)</b>  <b>Inner Feelings:</b> Inadequate, Confusion, Pain  <b>Characteristics:</b> High Achiever, Grades, Sports, Understands problems w/ family, Feels Responsible for Family  <b>Without Help:</b> Workaholic, Never Wrong, Responsible For Everything, Often Marry Chemical Dependent; <b>With Help:</b> Responsible, Feels Good Inside About Success, Confident.</p>	
<p><u>SCAPE-GOAT:</u> (Tends to be middle)</p>	<p>Hostility, Defiance, Impulsive, High Risk of Drug Use, Acts Out – <b>Provides- Takes Focus Off The Alcoholic</b>  <b>Inner Feelings:</b> Fear, Rejection, Guilt, Takes Focus Off The Alcoholic  <b>Characteristics:</b> Negative Attention Behaviors, Rewards Are Performance Based, Won't Compete With "Hero."  <b>Without Help:</b> Defiant, Trouble Maker In School, Job, Chemical Use, Unplanned Pregnancy.  <b>With Help:</b> Accepts Responsibility, Courageous, Caring, and Confident.</p>	
<p><u>LOST CHILD:</u> (Tends to be middle)</p>	<p>Withdrawn, Quietness, Rejection, Distant, Loner – Provides Relief, One Child Not To Worry About  <b>Inner Feelings:</b> Loneliness, Hurt, and Inadequacy, Fear  <b>Characteristics:</b> School Day Dreamer, Company Drone, Social Loner, "Invisible" Quiet, No Friends.  <b>Without Help:</b> High risk to continue cycle, depression, suicidal, isolative, difficult to befriend, withdraw, uncomfortable and afraid, socially awkward and uncomfortable with others. If the focus moves to them, they panic. They are unable to express emotion, because they have learned it doesn't pay.  <b>With Help:</b> super independent -can handle everything for themselves</p>	
<p><u>MASCOT:</u> (Tends to be the youngest)</p>	<p>Anything To Attract Attention, Clowning Behavior, Immature, Fragile –<b>Provides Comic Relief, Fun &amp; Humor</b>  <b>Inner Feelings:</b> Insecurity, Fear, Confusion  <b>Characteristics:</b> School Or Company Clown, Social Cut-Up, Short Attention Span.  <b>Without Help:</b> Hyperactive, Compulsive Clown, Insecure, Marry Hero For Care.  <b>With Help:</b> Takes Care Of Self, Good Sense Of Humor, Fun, Confident, Secure.</p>	

Where in the family birth order are you? \_\_\_\_\_

What role(s) describes you best? \_\_\_\_\_

Why? \_\_\_\_\_