

MY FAMILY? YOUR FAMILY?

Scapegoat

PROBLEM CHILD
OUTSIDE:
 HOSTILE
 DEFIANT
 RULE-BREAKER
 IN TROUBLE
INSIDE:
 REJECTION
 HURT
 GUILT
 JEALOUSY
 ANGER



Victims

CHEMICALLY DEPENDENT
OUTSIDE:
 HOSTILITY
 MANIPULATION
 AGGRESSION/Self-PITY
 BLAMING
 CHARMING
 RIGID VALUES
INSIDE:
 SHAME
 GUILT
 FEAR
 PAIN
 HURT



Family Hero

CARETAKER of FAMILY
OUTSIDE:
 GOOD KID
 HIGH ACHIEVER
 FOLLOWS RULES
 SEEKS APPROVAL
 VERY RESPONSIBLE
INSIDE:
 GUILT
 HURT
 INADEQUACY



Lost Child

PERMISSIVE CHILD
OUTSIDE:
 SHY, QUIET
 FANTASY LIFE
 SOLITARY
 MEDIOCRE
 ATTACHES TO THINGS,
 NOT PEOPLE
INSIDE:
 REJECTION
 HURT
 ANXIETY



Chief Enabler

CLEARLY EMOTIONALLY IN TUNING
PROTECTOR of FAMILY
OUTSIDE:
 SELF-RIGHTEOUS
 SUPER-RESPONSIBLE
 SARCASTIC
 PASSIVE
 PHYSICALLY SICK
 MARTYR
INSIDE:
 ANGER
 HURT
 GUILT
 LOW SELF-ESTEEM



Mascot

FAMILY CLONING
OUTSIDE:
 IMMATURE
 FRAGILE
 CUTE
 HYPERACTIVE
 DISTRACTING
INSIDE:
 FEAR
 ANXIETY
 INSECURITY

