

# 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

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



## Chief Enabler

**CLEARLY EMOTIONALLY IN NEED**  
**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



©1987 HONORARY COUNCIL ON ADDICTION AND DRUG ABUSE

ILLUSTRATIONS: KENNETH R. PHIL