

Dysfunctional Family Roles

Dysfunctional Family Role	What are the mistakes	What you don't see	What they do to the family and why they play along	What your life is like if possible	What is positive with this
Performer	Perfected, must be strong, good, positive, perfect, always right	Fear of failing, over-controlled	Family feels we are not bad because this person is so good. This keeps them from ever being too vulnerable.	Workaholic, Perfect Home, Controlling, Put much for Priority, Obsessive	Achievement oriented or success Has learned to say no and not be too perfect, can get in touch with his/her self
Responsible	"Bad," angry, immature, doesn't feel good enough, "Fake Family" of family, Expected to do	Not responsible, Not a failure, Needs to be seen	Marriage is brought together by "fixing" the responsible. Many times "good" because responsible is "bad." He can avoid our "bad" self by maintaining control of everyone	Addictive, Fixates with love, perfectionism, "Fake" or "responsible" maintaining to stay healthy at jobs and future relationships, constantly in trouble	Can begin to be good and feel good, learns to take appropriate risks, becomes stronger, emotionally lighter
Lover Child	Sympathetic, sensitive, loves others without protection, whole, sometimes has learning disabilities	Shows feelings, can't express feelings, angry	The family feels "at least we don't have to worry about this one"	Driven to please others, doesn't feel needed—feels the only because of this	Emotionally available, can learn to participate and others around him/her achieve by being nurturing, good listeners, feels protected and connected with him
Caregiver	Forces, demands, anything he is taught over, immature	Holds you with force, control, anger, never expresses	They bring work home to the family. Helps the family meet needs.	Can't seem to hold on to work, his efforts feel like effort to the family. His health, that much of a follower, cannot generate it	Can feel range of emotions, can see negative in good ways, capable to good ways, enjoys to take the lead, more driven up into more responsibility

Remember: Dysfunctional family roles are not necessarily bad, but when they become dominant they can be very problematic. That's why I believe when the first two choices are a little more natural to you. The function of family, the love those who are within it, is good. The more dysfunctional, the more difficult it is to get out of those roles, and naturally the more pain and suffering, thoughts and feelings as part of the role continue throughout the day.