

MY FAMILY? YOUR FAMILY?

Scapegoat

Problem Child

OUTSIDE:
HOSTILE
DEFIANT
RULE-BREAKER
IN TROUBLE

INSIDE:
REJECTION
HURT
GUILT
JEALOUSY
ANGER



Victims



Chemically Imbalanced
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

Fearful Child

OUTSIDE:
SHY, QUIET
FANTASY LIFE
SOLITARY
"MEDIocre"
ATTACHES TO THINGS,
NOT PEOPLE

INSIDE:
REJECTION
HURT
ANXIETY



Chief Enabler



GLORIOUS ENTHUSIASM to Victim
PROTECTOR of FAMILY

OUTSIDE:
SELF-RIGHTEOUS
SUPER-RESPONSIBLE
SARCASTIC
PASSIVE
PHYSICALLY SICK
MARTYR

INSIDE:
ANGER
HURT
GUILT
LOW SELF-ESTEEM

Mascot

FAMILY CLUMSY

OUTSIDE:
IMMATURE
FRAGILE
CUTE
HYPERACTIVE
DISTRACTING

INSIDE:
FEAR
ANXIETY
INSECURITY

