



## ROLES IN ADDICTION

### **Family Role 1: The Addict**

The person with the addiction is the center, and though the key to alcohol and drug addiction recovery, is not necessarily, the most important piece in family recovery. The "world" revolves around this person, causing the addict to become the center of attention. As the roles are defined, the others unconsciously have taken on the rest of the roles to complete the balance after the problem has been introduced.

### **Family Role 2: The Hero**

The Hero is the one who needs to make the family and the role players, look good. They ignore the problem and present things in a positive manner as if the roles within the family did not exist. The Hero is the perfectionist. If they overcome this role they can play an important part in the addiction recovery process.

The underlying feelings are fear, guilt, and shame.

### **Family Role 3: The Mascot**

The Mascot's role is that of the jester. They will often make inappropriate jokes about those involved. Though they do bring humor to the family roles, it is often harmful humor, and they sometimes hinder addiction recovery.

The underlying feelings are embarrassment, shame and anger.

### **Family Role 4: The Lost Child**

The Lost Child is the silent, "out of the way" family member, and will never mention alcohol or recovery. They are quiet and reserved, careful to not make problems. The Lost Child gives up self needs and makes efforts to avoid any conversation regarding the underlying roles.

The underlying feelings are guilt, loneliness, neglect and anger.

### **Family Role 5: The Scapegoat**

The Scapegoat often acts out in front of others. They will rebel, make noise and divert attention from the person who is addicted and their need for help in addiction recovery. The Scapegoat covers or draws attention away from the real problem.

The underlying feelings are shame, guilt and empty.

### **Family Role 6: The Caretaker (Enabler)**

The Caretaker (Enabler) makes all the other roles possible. They try to keep everyone happy and the family in balance, void of the issue. They make excuses for all behaviors and actions, and never mention addiction recovery or getting help. The Caretaker (Enabler) presents a situation without problems to the public.

The underlying feelings are inadequacy, fear and helplessness.

# Addiction and the Family

## Healthy Family System:

- Self-Worth is high
- Communication is direct, clear, specific and honest; feelings are expressed
- Rules are human, flexible and appropriate to change
- It is natural to link and be open to society
- Each person has goals and plans to get there, and should be supported by the family

## Rules in a dependent or addicted family:

- Dependents use of drug is the most important thing in a family life
- Drug use is not the cause of family problems, it is denial which is the root
- Blaming others, don't make mention of it, covering up, alibis, loyalty of family continues to enable
- Nobody may discuss problem outside the family
- Nobody says what they feel or think

## Family Roles Lead to Codependency

Addiction and the Family Roles- How they lead to Codependency

The parts played by family members lead to codependency. Family members make decisions concerning what the other person needs. Codependency leads to aversion and lack of self-orientation in a situation where an addiction is present. Ultimately people "become" the part they are playing.