



WHAT IS ADDICTION

Physical & Emotional
Medical Disorder
Nothing to do with Morality, Willpower, or Intestinal Fortitude
Chronic
Progressive
Incurable
Characteristics

In an addictive or depressed family system, the disease becomes the organizing principle. The affected person becomes the center figure from which everyone else organizes their behavior by adopting certain roles. Sometimes it is one role, sometimes it is a combination of roles

- Role 1:** The Addict/Alcoholic
- Role 2:** The Hero
- Role 3:** The Mascot
- Role 4:** The Lost Child
- Role 5:** The Scapegoat
- Role 6:** The Caretaker/Enabler

Eventually the patterns and role-playing become compulsive and the family members take these behaviors into every other relationship.

In order to heal, family members must break through the wall of delusion, accept that this is a disease, recognize your own feelings, strive for recovery of the whole person. The same principles apply to the chemically dependent person. Together, families and patients should be willing to share feelings, accept and forgive, work toward rebuilding a family system.