

Family Roles in Addiction Worksheet

Family name: _____ Date: _____

Members present in session:

Understanding current family roles

In families dealing with addiction, certain roles often emerge. Please review the roles listed below and identify if you or any of your family members fit into these categories.

- **The addict:** The person in the family who is addicted to substances. This person's life primarily revolves around substance use and its consequences.
- **The caretaker/enabler:** The family member who takes responsibility for the addict, often covering up or making excuses for their behavior.
- **The hero:** The family member who works hard to make the family look "normal" or "perfect" from the outside despite the addiction issues at home.
- **The scapegoat:** The family member who creates other problems or issues to distract attention away from the addict.
- **The mascot:** The family member who uses humor or clownish behavior to deflect the tension caused by the addiction.
- **The lost child:** A family member who withdraws or isolates themselves from the rest of the family to avoid the drama connected to addiction.

Write down the names of your family members next to the role(s) that you believe they're currently playing:

Family roles	Family member's name
The addict	
The caretaker/enabler	
The hero	
The scapegoat	
The mascot	
The lost child	

Reflecting on family roles

Reflect on each family member's role, the behaviors associated with that role, and how these behaviors and roles may be contributing to the perpetuation of the addiction. Write your reflections in the table provided:

Family roles	Behaviors associated with the role	Impact on the addiction	Ways to change or improve
The addict			
The caretaker/ enabler			
The hero			
The scapegoat			
The mascot			
The lost child			

Creating healthier roles

Think about healthier roles each family member, including yourself, could adopt. Write these in the table provided along with ways to foster these new roles:

Current role	Possible new role	Ways to foster new role
The addict		
The caretaker/enabler		
The hero		
The scapegoat		
The mascot		
The lost child		