

# Family Roles in Addiction Worksheet

Family Name:

Members Present in Session:

Date:

## 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:

| <b>Family Roles</b>       | <b>Behaviors Associated with the Role</b> | <b>Impact on the Addiction</b> | <b>Ways to Change/Improve</b> |
|---------------------------|---|--------------------------------|-------------------------------|
| The Addict                |   |                                |                               |
| The Caretaker/<br>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        |                   |                         |