

LAYERS OF FAMILY ROLES

Source: *Love is a Choice*
by Hemfelt, Minirth & Meier

UNIVERSAL RELATIONSHIPS

- Exists in all families
- **Examples:** mother/daughter/sister/father/son/brother/uncle, etc.

FAMILY ROLES

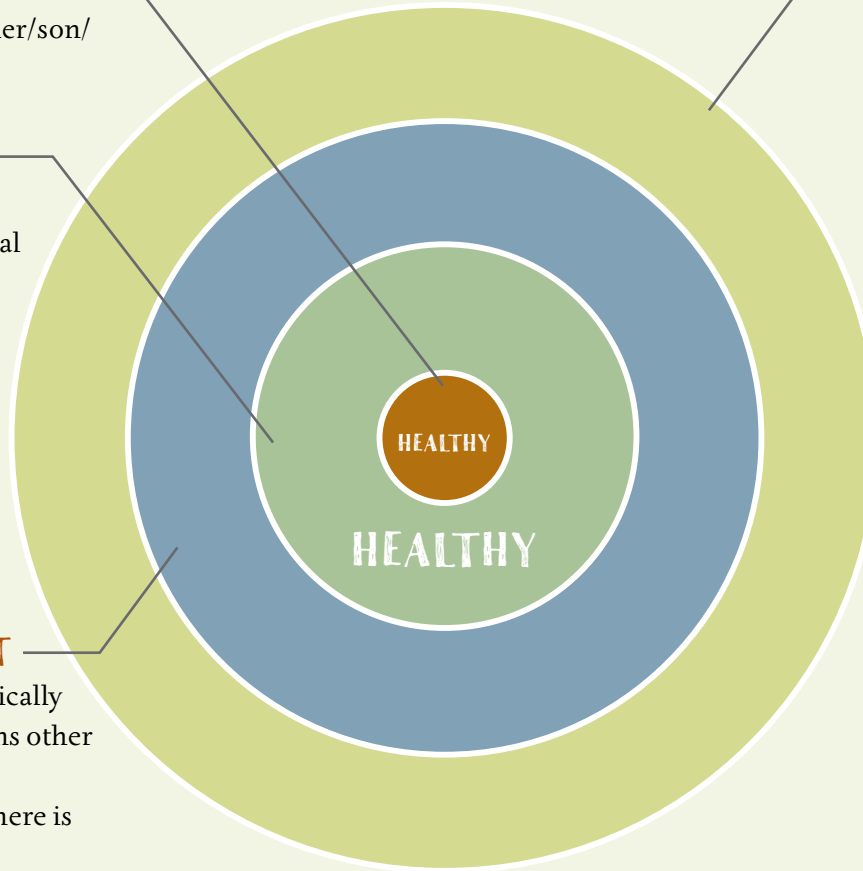
- Exists in all families
- Become more solidified in dysfunctional families to help the family cope
- Difficult for the family to see but easy for those outside the family to see
- **Examples:** *Hero, Scapegoat, Mascot, Lost Child*
- **Example of how it works:** The Mascot provides comic relief to distract from the pain of the family dysfunction

THE ENABLER/CODEPENDENT

- Where there is dysfunction there is typically an Addict/Dependent (can be addictions other than drugs/alcohol)
- Where there is an Addict/Dependent there is typically an Enabler/Codependent
- **Example of how it works:** The *Enabler* behaves in a way to “keep the peace” or “not rock the boat” when problems/conflict arise in the dysfunctional family.

ROLES OF THE ENABLER

- The *Enabler* takes on different roles at different times based on the stressful situation in the family.
- **Examples:** *Placater, Martyr, Rescuer, Persecutor, Victim*
- **Examples of how this works:** The *Placater* parent calls the school to negotiate the suspension that the child has received even when the consequence is appropriate. The *Placater* feels the need to fix the situation. If he/she doesn't get their way they may need to shift to the *Persecutor* role to tell the school how this situation is the school's fault. The *Persecutor* believes it is everyone else's fault. The *Enabler* will do what it takes to save the child from his/her consequences.




EAGLE RANCH