

The Family Disease

- System Dynamics of the Alcohol/Substance Use Disorder Family

ROLE	MOTIVATING FEELING	IDENTIFYING SYMPTOM	PAYOFF FOR INDIVIDUAL	PAYOFF FOR THE FAMILY	POSSIBLE PRICE
Dependency	Shame	Substance Use	Relief of pain	None	Addiction
Enabler	Anger	Powerlessness	Importance; self-righteousness	Responsibility	Illness and martyrdom
Hero	Inadequacy and guilt	Overachievement	Positive attention	Self-worth	Compulsive drive
Scapegoat	Hurt	Delinquency	Negative attention	Focus away from the dependent	Self-destruction and addiction
Lost Child	Loneliness	Solitariness and shyness	Escape	Relief	Social isolation
Mascot	Fear	Clowning and hyperactivity	Amused attention	Fun	Immaturity and emotional illness