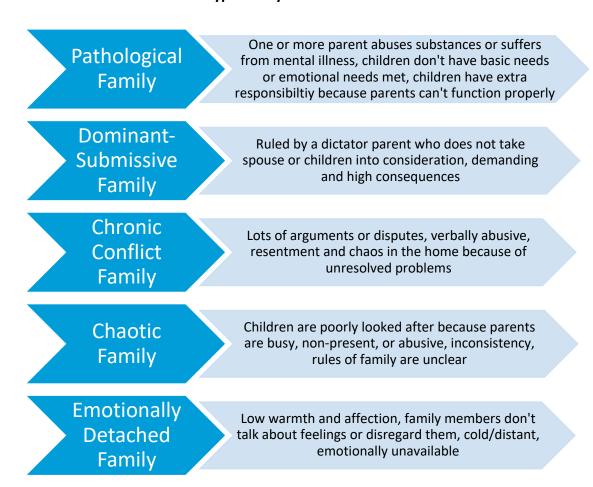
### What is a dysfunctional family system?

High conflict or chaos, lack of structure or boundaries, indifference to the physical or emotional wellbeing of children or other family members

Abusive environments, substance use, poor parenting, chronic illness, mental illness, poor communication, etc. can negatively impact the functioning of a family system.

#### **5 Types of Dysfunctional Families:**



#### What is a healthy family system?

Family members nurture and support one another, family members are emotionally close with each other, there is a sense of wellbeing among all members

<u>No family is "perfect"</u>. Every family has conflict, stress, pain, etc. In a healthy family, love, respect, trust, support, and communication can help get the family through those difficult times. Healthy families have a strong foundation to resolve problems that arise within the system or individual members.



### Family Systems: The Roles We Play

# Family Hero

Caretaker of the family,
"Good kid", high
achieving, follows the
rules, seeks approval from
others, very responsible

Might feel guilt, inadequacy, or hurt

## Victim

Blames others for problems, self-pity, hostility/manipulation to get attention or sympathy

Might feel shame, guilt, fear, pain, hurt

## Chief Enabler

Emotionally close to the victim, "protector" of victim or others, passive/submissive, martyr, responsible

Might feel anger, hurt, guilt, low self-esteem

## Scapegoat

"Problem child", acts out, hostile, defiant, rule-breaker

Might feel rejection, hurt, guilt, jealousy, anger

### Mascot

Family clown, immature, distracting, hyperactive, emotionally fragile, avoids problems

Might feel fear, anxiety, insecurity

### Lost child

Black sheep of the family, independent, attaches to things not people, shy/quiet, rich fantasy life, average

Might feel rejection, hurt, anxiety



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