


Content Area: Chemical Dependency the Family

Task: **Gingerbread Family Sculpture**

(30 minutes)

Listen to this enhanced lecture on the roles present in a chemically dependent family, using gingerbread cut-outs to represent each family role. Traits seen will be listed on post-its on each cut-out, covering the hidden feelings. Include family rules and empowerment messages. We will discuss as a large group.

<p style="text-align: center;"><u>Role in Family</u> (write on large post-it and put on forehead)</p>	<p style="text-align: center;"><u>What you see on the outside</u> (write list on large post-it and put on stomach over “What’s going on on the inside” list”)</p>
<p style="text-align: center;"></p> <p>Make large gingerbread people out of poster board, one for each family role, listing the name on the forehead</p>	<p style="text-align: center;"><u>What’s going on on the inside</u> Write list on gingerbread person on stomach</p>

Training Task Design: Marta Koonz

Family Rules

Don't talk ~ Don't trust ~ Don't feel

Individual Roles

Member: Chemically dependant person		Role: Provides reason	
Outside	Blaming Hostility Self-pity Charm Righteousness Grandiosity Rigidity Perfectionism	Inside	Remorse Guilt Fear Anger Self-hate Shame

Member: Chief enabler		Role: Takes on responsibility	
Outside	Super-responsibility Martyr Self-pity Sarcasm Manipulation Seriousness Self-blaming Nagging Controlling	Inside	Self-doubt Lonely Inadequate Guilt Fear Anger

Member: Responsible / Hero		Role: Provides self-worth to family	
Outside	Leadership skills Takes charge Dependable Focuses on tangibles Serious Leaves home quickly Approval seeking Need to control "Looks good" goals workaholic	Inside	Loneliness Inadequate Fear Confused Isolation

Member: Scapegoat / problematic		Role: Provides focus for family problems	
Outside	Defiant Early chemical user Confronts family problem Withdrawal Seldom responds to positive role models Runs away Strong peer value	Inside	Fear Loneliness Rejection Resentment Inadequate Isolation Anger

Member: Caregiver / mascot		Role: Provides relief to family	
Outside	Family social worker Sensitive Listens Warm Fragile Hyperactive Humorous Charm Most aware of family pain Fears anger Unaware of own needs Avoids conflict	Inside	Guilt Loneliness Insecure Isolation Inadequate Fear

Member: Lost child / adjuster		Role: Provides flexibility to family – no trouble	
Outside	No sense of power / control Fantasy Overweight Material attachments Least aware of feelings Aloof “Shrugs” Spontaneous	Inside	Loneliness Unworthiness Inadequate Anger Isolation Fear

Empowerment Messages

- You didn't cause it
- You can't control it
- You can't cure it
- You can learn to cope positively