Role Play

• **THE SICK FAMILY**
Disclaimers

• May hit a little close to home

• According the the ‘experts,’ all families are a little ‘sick’

• ‘Sick’ not like flu or cancer…

  CO-DEPENDENCY

• A lot of ‘things’ can make a family ‘sick’ – alcohol is most prevalent
MOM

- The boss, the Queen on her throne.
- She has no problem.
- All the others have problems.
- But in reality she is the root of all the problems.

- Enabling- protecting, allowing, covering-up for the addict
DAD (Main Enabler)

• Mr. Mom,
• “Super Dad”
• He does it all:
  – works, cares for kids, civic work, cooks, cleans
• “Look at me! Look at me!”
The HERO

• Mr. Straight A’s
• Captain of football, basketball, baseball teams
• Class President
• Leads in community service
• Principal’s righthand man
• “Look at me! Look at me!”
Mr. Straight F’s
Always in ALC or suspended, back and forth to Rockbridge.
Knows the principal well too!
Others say, “If I had a kid like that, I’d drink too.”
The CLASS CLOWN

• Makes a joke of everything.

• S/He’s the one you love to be in class with.

• Teachers like him/her most of the time.
The LOST CHILD

• No body even know s/he exists, s/he likes it that way.
• Does just enough to get by.
• At home, often in her/his room by her/himself.
• No social life.
• MOM
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• She has no problem.
• All the others have problems.
• But in reality she is the root of all the problems.
• DAD
• Mr. Mom,
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WHAT HAPPENS NEXT?

• They can stay sick.

• They can get help and get well.
End of session 1
They stay sick.
MOM

• Continues in dependency.

• She is enabled.
DAD

• With the kids gone, needs more work.
• Finds another job, gets more involved in community activities.
• Continues to enable Mom to drink.
The HERO

• Can go one of two ways…

• Depends on the gender and a lot of various circumstances.

• Another “Sick Family” begins.
Trouble escalates.

No longer trouble with school but now trouble with police.

Usually has had some jail time before age 25.
The CLASS CLOWN

• Get stuck in his High School humor.
• Friends mature. He gets left behind.
• Could attempt suicide as a cry for help.
The LOST CHILD

• Still want to be invisible.
• Can’t be invisible easily if you work. Work forces interaction with others.
• Struggles with society.
• Could commit suicide.
IF...

they get well.

Gets to be very complex.
MOM & DAD

• If Mom gets help without the rest of the family getting help it causes problems.
• They have become enablers.
• Mom leaves or begins to drink again.

• If all get help, Mom and Dad
  – LIVE HAPPILY EVER AFTER
The HERO

• Becomes a great leader. CEO/President
• Not afraid to roll his/her sleeves up and do the necessary work.
• People will follow him/her.
The REBEL

• According the the experts: The sanest person in the family.
• Sees the problems and the personalities.
• Becomes a great counselor for other families in the same situation.
The
CLASS CLOWN

• A person you just love to be around.

• Matures and so does humor and personality.
• Due to working alone, s/he had to learn to be creative.
• Becomes very artistic…
  – Poetry, essays, writing
  – Art
  – Movies- directing, producing, acting
What if the number in family is not four?

• A person can be two personalities.

• Personalities can repeat.
End of session 2
Resiliencies

The capacity to rebound from hardship.

Taking life’s pains and making uncommon strength and courage.
• Is asking the tough questions and giving honest answers about yourself and the difficult situations you find yourself in.

• The opposite of insite is avoiding a painful truth.
INSIGHT

• Insight is also difficult because of the urge to blame others for your troubles. It takes courage and work to face the truth, to take responsibility, for yourself.

• But it can help people become who they really want to be.
INDEPENDENCE

• Is being your own person and keeping emotional distance between you and the pressures of family, friends, and circumstances.

• The opposite is doing things only to get the approval of others to avoid feeling alone or rejected.
INDEPENDENCE

• Independence is hard because it sometimes means breaking or limiting connections with people who are important to you.

• Independence helps you feel safe and know you can rely on yourself.

• It at times seems like a ‘leap of faith’ but by standing apart from the group you learn to stay true to your personal values.
RELATIONSHIPS

• Are connections with other people based on sharing, mutual respect, and openness.

• The opposite is cutting yourself off from others, hiding behind a false front, or valuing others only for what they can do for you.
RELATIONSHIPS

• Relationships are hard because you must give of yourself and require you to take risks (including rejection) and trust others.

• Relationships do not just happen, but deepen slowly over time and have a balance between give and take.
RELATIONSHIPS

• They allow you to feel a sense of belonging, give you a comfort level to express yourself, and support you need. They give you understanding, friendship and sometimes even love.
INITIATIVE

• Is taking action, meeting challenges, solving problems.

• The opposite is giving up or feeling helpless.

• It is hard because some problems feel too overwhelming to overcome.
INITIATIVE

• Initiative helps you see that you can make a difference in your own life and overcome obstacles by solving problems.

• Taking initiative is always a risk, but the pay-off is feeling capable, confident, and ready to face the next challenge that comes along.
CREATIVITY

• Is using your imagination to express yourself and to handle hurt feelings and difficult experiences.

• The opposite is keeping your feelings bottled up inside.
CREATIVITY

• Creativity is hard because hurt feelings and painful experiences can weigh you down, dull your mind, and block your imagination.

• Creativity helps you turn something that feels ugly and bad into something beautiful.

• Creativity helps you feel stronger, more hopeful, and more confident.
HUMOR

• Humor is finding what’s funny even when you’re sad or in pain.

• The opposite of humor is taking yourself and your situation too seriously.

• It is hard because pressures can blot out the lighter side of life.
HUMOR

• Humor gives you a positive way to respond to difficult situations and helps you gain a positive and healthy perspective and see beyond what is happening right now.
MORALITY

• Is thinking of others as well as yourself. It is learning what other people need and trying to give it to them.

• The opposite is thinking of only yourself, or doing what suits you or whatever you can get away with.

• It is hard because it can mean sacrificing your own interests.
MORALITY

• Morality means doing the right thing, even when it’s not the easy or natural thing.

• Morality keeps you from becoming cynical or giving up on people or circumstances.

• It encourages you to see what is possible in human nature.