






# Kick Butt Therapy

## The Family Disease

ADULT ROLES			
<p><b><u>ADDICT</u></b></p> <ul style="list-style-type: none"> <li>• Alcohol/Drugs</li> <li>• Gambling</li> <li>• Sex</li> <li>• Work/Food</li> <li>• Power/Wealth</li> <li>• Religion</li> <li>• Excitement</li> </ul>			<p><b><u>CO-DEPENDENT</u></b></p> <ul style="list-style-type: none"> <li>• Enabler/Controller</li> <li>• Caretaker/Fixer</li> <li>• Mediator/Super</li> <li>• Mom/Spouse</li> <li>• People Pleaser</li> <li>• Victim</li> <li>• Martyr/"Poor Me"</li> <li>• Excitement/Crisis</li> </ul>
FAMILY OF ORIGIN			
Represents <b>WORTH</b> To the Family	Represents <b>HEALTH</b> To the Family	Represents <b>RELIEF</b> To the Family	Represents <b>ENTERTAINMENT</b> To the Family
			
<ul style="list-style-type: none"> <li>• Special</li> <li>• Over-Achiever</li> <li>• Successful</li> <li>• Little Princess/Prince</li> <li>• Very Responsible</li> <li>• Little Parent</li> <li>• Confidante</li> <li>• Surrogate /Spouse</li> <li>• Perfectionist</li> <li>• "All Together"</li> <li>• Hyper-Critical</li> </ul>	<ul style="list-style-type: none"> <li>• Defiant/Rebel</li> <li>• Under-Achiever</li> <li>• Peers very important</li> <li>• Problems (law,school)</li> <li>• Unplanned Pregnancy</li> <li>• Fights/Sullen</li> <li>• Self-Destructive</li> <li>• Negative Attention</li> <li>• Family Focus</li> <li>• High Addict Potential</li> </ul>	<ul style="list-style-type: none"> <li>• Quiet/Good</li> <li>• Withdraws</li> <li>• Day Dreams</li> <li>• Fantasy Life</li> <li>• Independent</li> <li>• Depressed</li> <li>• Ignored/Forgotten</li> <li>• Loner/Confused</li> <li>• Materialistic</li> <li>• Intimacy Problem:</li> <li>• Food Issues</li> <li>• Pets Important</li> </ul>	<ul style="list-style-type: none"> <li>• Special</li> <li>• Family Pet</li> <li>• Hyperactive</li> <li>• Clown</li> <li>• Cutesy</li> <li>• Distracting</li> <li>• Annoying</li> <li>• Immature</li> <li>• Over-Protective</li> <li>• Fragile</li> </ul>
POSSIBLE FUTURE CHARACTERISTICS			
WITHOUT HELP			
<ul style="list-style-type: none"> <li>• Workaholic</li> <li>• Never wrong</li> <li>• Responsible for everything</li> <li>• Marry dependent</li> </ul>	<ul style="list-style-type: none"> <li>• Unplanned pregnancy</li> <li>• Trouble-maker in school &amp; at office</li> <li>• Prison</li> </ul>	<ul style="list-style-type: none"> <li>• Little zest for life</li> <li>• Sexual identity problems</li> <li>• Promiscuous or stays alone</li> <li>• Often dies at an early age</li> </ul>	<ul style="list-style-type: none"> <li>• Ulcer, can't handle stress</li> <li>• Compulsive clown</li> <li>• Remains Immature</li> </ul>
WITH HELP			
<ul style="list-style-type: none"> <li>• Accepts failure</li> <li>• Responsible for self, not all</li> <li>• Good executive</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts responsibility</li> <li>• Good counselor</li> <li>• Courageous</li> <li>• Ability to see reality</li> </ul>	<ul style="list-style-type: none"> <li>• Independent</li> <li>• Talented</li> <li>• Creative</li> <li>• Imaginative</li> <li>• Self-actualizing</li> </ul>	<ul style="list-style-type: none"> <li>• Takes care of self</li> <li>• No longer clown</li> <li>• Fun to be with</li> <li>• Good sense of humor</li> </ul>

“Another Chance”, Wegscheider-Cruse  
 “Peoplemaking,” Virginia Satir