

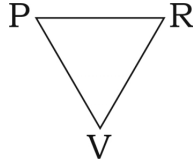
# THE ALCOHOLIC FAMILY TRIANGLES

USATAA/ITAA conference. 2007.

Stephen B. Karpman, M.D.

## THREE FAMILY ROLES:

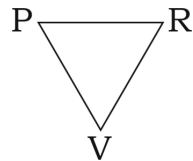
Alcoholic P Co-Dependent R



A.C.A. (Adult Child of an Alcoholic)

## THE FOUR CLASSIC A.C.A. SCRIPT CHOICES:

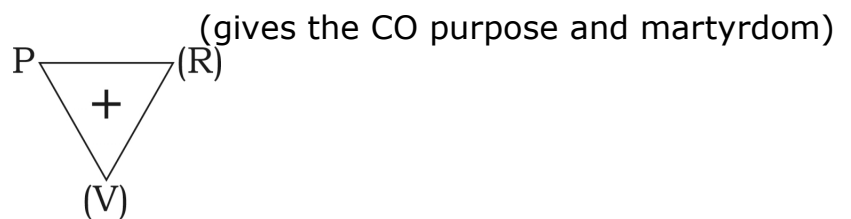
"Scapegoat"



"Hero," "Mascot"

"Lost Child"

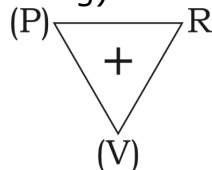
## COMPASSION TRIANGLE'S HIDDEN ROLES: ALCOHOLIC AS IDENTIFIED PERSECUTOR:



(gives the dysfunctional family a scapegoat)

## COMPASSION TRIANGLE'S HIDDEN ROLES: CO-ALCOHOLIC AS IDENTIFIED RESCUER:

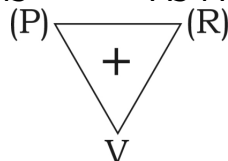
(being too soft or too hard enables drinking)



(Co trapped by guilt and needs)

## COMPASSION TRIANGLE'S HIDDEN ROLES: A.C.A - IDENTIFIED PATIENT OR HERO

As Scapegoat exposes family problems



As Mascot or Hero masks family problems

As Lost Child escapes family problems