BLOG: THE ALCOHOLIC FAMILY TRIANGLES

THREE FAMILY ROLES:

Alcoholic

Co-Dependent

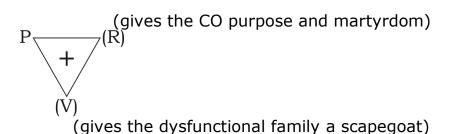


A.C.A. (Adult Child of an Alcoholic)

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

"Scapegoat"
P
R
"Hero," "Mascot"
V
"Lost Child"

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



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 $\underbrace{ \text{(P)} \underbrace{ \text{As Mascot or Hero masks family problems}}_{V}$

As Lost Child escapes family problems

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