

**AUDIRE YEAR 1
Adult Children of Alcoholics**

The characteristics: traits, feelings, and behaviors of Children of Alcoholics					
The name of the game or the mode of survival	What you see or visible traits. Outside behavior	What you don't see or the inside story. Feelings.	What he/she represents to the family and why they play along.	As an adult without help, this is very possible	As an adult with help, this is also possible
The Family Hero or Superkid	"The little mother" "The little man of the family." Always does what's right, over achiever, over responsible, needs everyone's approval. Not much fun	Hurt, inadequacy, confusion, guilt, fear, low self-esteem. Progressive disease , so never can do enough.	Provides self-worth to the family, someone to be proud of.	Workaholic, never wrong, marry a dependent person, need to control and manipulate, compulsive, can't say no, can't fail	Competent, organized, responsible, make good managers. Becomes successful and healthy.
The Scapegoat or Problem Kid	Hostility and defiance, withdrawn and sullen, gets negative attention, troublemakers.	Hurt and abandoned, anger and rejection, feels totally inadequate, low/no self-worth	Takes the heat, "see what he's done" "leave me alone"	Alcoholic or addict, unplanned pregnancy, cops and prisons, legal trouble. TROUBLE.	Recovery, has courage, good under pressure, can see reality, can help others, can take risks.
The Lost Child	Loner, daydreamer, solitary (alone rewards; i.e., food), withdrawn, drifts and floats through life, not missed for days, quiet, shy, and ignored.	Unimportant, not allowed to have feelings, loneliness, hurt, abandoned, defeated and given up. Fear.	Relief, at least one kid no one worries about.	Indecisive, no zest, little fun, stays the same, alone or promiscuous, dies early, can't say no.	Independent, talented, and creative. Imaginative, assertive, and resourceful.
The Mascot or Family Clown	Supercute, immature, and anything for a laugh or attention, fragile and needful of protection, hyperactive, short attention span, learning disabilities, anxious.	Low self-esteem, terror, lonely, inadequate, and unimportant.	Comic relief, fun, and humor.	Compulsive clown, lampshade on head, etc. Can't handle stress, marries a "hero", always on the verge of hysterics.	Charming host and person, good with company, quick wit, good sense of humor, independent. Helpful.