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THE LOST CHILD

The lost child is a family member who gets left behind, so to speak, as the dysfunction in the family become a focal point of the family unit. The "lost child" may be a younger member of the family who has always been isolated and neglected. They typically are not as assertive as other members of the family and may become distanced from the conflict. The lost child may perform poorly at school or work and have few, if any, relationships with peers. This is the quiet loner who copes by avoiding attention and flying under the radar.

SYMPTOMS INCLUDE:

- o Feeling neglected
- o Becoming withdrawn
- o Staying out of the way of others
- o Has difficulty making decisions
- o Struggles to form and maintain positive relationships
- o Increased loneliness
- o Feelings of depression



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THE SCAPEGOAT

The scapegoat is someone who becomes known as the "problem child" within the household. This person, responds to dysfunction in the family, and perhaps their own distress, by lashing out through acts of defiance.

SYMPTOMS INCLUDE:

- o Defiant behavior
- o Acting out in school
- o Worsened academic performance
- o Changes in employment status
- o Irritability
- o Acting increasingly hostile or angry
- o Experiences rejection from other family members
- o Unintentionally diverts attention away from other Members of the family system.



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THE HERO

The "hero" of the family is a family member who will often try to make everything appear on the outside as if they, and the family at large, have everything together. This is the responsible overachiever who tries to save face for the family by being successful. They seek to control and are often a Type A personality. The hero may direct behaviors either towards achieving and accomplishment, caretaking and fixing, or both.

SYMPTOMS INCLUDE:

- o Assuming over-responsibility
- o Self-sufficiency
- o Over-achieving
- o Strives for perfection in everything
- o Tries to maintain a "normal" appearance for the family
- o Caretaking, people pleasing, rescuing others
- o May try to hide their own emotional or mental distress



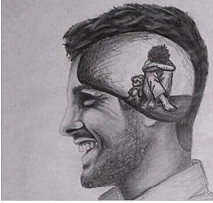
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THE MASCOT

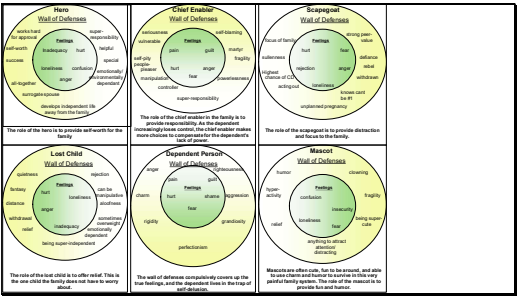
The mascot becomes something like the class clown of the family. While they may recognize the seriousness of the situation, they'll often mask or deflect from the problem with humor or other pleasantries. The mascot attempts to downplay the crisis with comedy or sarcasm. Mascots often feel they aren't strong enough to participate in assisting their family or simply don't want to use their time or energy to help. This member tries to calm the waters through humor or getting into trouble, acting as the "class clown" and using humor as a defense against their own emotions as well.

SYMPTOMS INCLUDE:

- o Tries to lessen the stress of family members in the household
- o Constantly on the go or hyperactive
- o Deflecting from the problem with humor
- o Feeling powerless about how to help
- o Increased anxiety or depression
- o Difficulty managing emotions
- o Inability to recognize their own pain



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- 17 EXAMPLES OF ADDICTIONS AND ATTACHMENTS**
- (OTHERS EXIST THAT ARE NOT LISTED)
1. Alcohol And Drugs
 2. Screens
 3. Gambling
 4. Thrill Seeking
 5. Rage
 6. Shopping And Spending
 7. Work (Human Doing)
 8. Codependency
 9. Love Addiction
 10. Sex Addiction
 11. Avoidance
 12. Love / Avoidance
 13. Self Harm
 14. Suicidal Preoccupation
 15. Anorexia
 16. Bulimia
 17. Binge Eating / Medicating With Food

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ALCOHOL AND DRUGS

- ❖ You are longing for attunement from father or mother. On rare occasions that it comes it includes parents drinking. Maybe even being able to share a sip of beer as a child that becomes one of the few times you feel a sense of connection with a parent. Drinking feels like love.
- ❖ You learn from masters (parents) how to organize relationships around **intoxication**, chaos, rescue, or neglect.

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CODEPENDENCY

- ❖ Mom or dad needed you as a child for emotional support and to hear about their marital crises (surrogate Spouse). You are parentified as a child and expected or you take on caring for siblings. This became your role in your family. You carry it forward to adulthood via Codependent relationships.
- ❖ the child learns: **"My safety depends on keeping other people okay."** Love, then as an adult becomes associated with monitoring another person's mood, anticipating needs, preventing conflict, and sacrificing the self to maintain connection.

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LOVE ADDICTION

- ❖ With absence based (blue wounds) you spend much of childhood longing for someone who is rarely to never there (mother or father) - You subconsciously choose partners who are also emotionally absent and/ or unavailable. The child keeps waiting, hoping, pleasing, performing, or trying harder to finally get the parent's attention. Love becomes associated with **longing, waiting, chasing**, and trying to win the affection of someone who cannot fully show up. You are returning to what you knew
- ❖ You spend much of your childhood changing, accomplishing, working toward a parent finally coming around and attuning to you. The adult addictive pull is not only toward the partner; it is toward the familiar hope that this time, an emotionally absent person will finally choose them, stay, and make the old wound stop hurting.

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LOVE AVOIDANCE

- ❖ You have one parent who is emotionally absent. You have a different (or the same) parent who is controlling. You long for a partner which then reenacts the blue wound, but then they get close and now it feels smothering and suffocating (yellow wound) so you push back “back off Jack.” Come here – go away – come closer - too close.

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AVOIDANCE

- ❖ As the lost child, the only safety was found in seclusion and separation from the crises or anger and rage. Isolation and avoidance become the disconnection of choice as an adult.
- ❖ Connecting to humans as a child became overwhelming, smothering or scary and unpredictable etc. You dealt with this by leaving, exiting, isolating and avoiding. As an adult, you fear the commitment word, some refer to you as a “flying boy (or woman),” you escape and run from relationships, jobs, responsibility and commitments. You find it hard to complete tasks.
- ❖ Avoidance of responsibility as a child ignited an absent parent to tend to you to fix the situation. You return to this as an adult and avoid responsibility in the hope someone will rescue you and do it for you.

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SHOPPING AND SPENDING

- ❖ You have an absent parent(s). They rarely to never provide attunement and attention. They rarely seem alive when they are around you. For once they become alive and animated, actually choosing you to be with - it is time to go to the mall with mom and shop. Dad is excited to see you (that rarely happens) as he has a gift or something for you. Purchases and things as an adult now feel like love.

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EATING DISORDERS

ANOREXIA

- ❖ Sexual abuse occurs and it feels dirty. Everything in your body later feels dirty. Solution becomes metaphoric, don't put anything in your body (Restriction).
- ❖ restriction becomes a symbolic attempt to control, purify, shrink, numb, or protect a body that once felt unsafe.

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BULEMIA

- ❖ Feed the emptiness or loneliness you feel with food. Food feels dirty and disgusting. There is unresolved residual trauma feelings (fear, grief, shame, dirty anger) in your body. Get rid of it / purge it.
- ❖ the binge-purge cycle repeats the original wound: longing to take in comfort, love, or relief, then feeling overwhelmed by shame, disgust, fear, or loss of control.

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COMPULSIVE OVEREATING

- ❖ Feed the emptiness or loneliness you feel with food.
- ❖ food becomes a substitute for the comfort, protection, and emotional nourishment the child did not consistently receive.

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SEX ADDICTION

- ❖ Attention is rare with dad or mom. Somehow though, he or she livens up when I am wearing something sexy. Sexual comments are some of the few moments positive comments are made to the child. The behavior continues as an adult seeking the same attention.
- ❖ Sexual abuse often pairs arousal with longed for attention, physical pain, secrets, can't talk about it, can't breathe, intoxication and a high, older people as perpetrator, given rewards afterwards, submission, FEAR – FEAR AND FEAR. So as an adult we return to the dynamics that existed during the abuse.
- ❖ Our earliest memory of things deemed as "sexual," become a template for what we return to as adults.

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RAGE

- ❖ A child grows up in chaos and emotional intensity. Peace feels unfamiliar, boring, or unsafe. In adulthood, rage creates the emotional intensity the nervous system recognizes. The person may unconsciously recreate the atmosphere of childhood conflict because calm feels foreign.
- ❖ A child grows up in a home where anger is the only emotion that gets attention. Calm sadness, fear, or loneliness are ignored, but rage makes people respond. Later, the person may unconsciously learn: "If I rage, I exist. If I rage, people finally see me."

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SCREENS

- ❖ Attention, attunement, and connection is something the child did not consistently receive. Trauma reenactment occurs when the screen becomes a substitute for this. Screens become one of the few places where the child can feel engaged, soothed, entertained, or responded to.
- ❖ The child attempting to recreate a predictable source of comfort while at the same time repeating the isolation and disconnection that is FAMILIAR with the original wound.
- ❖ As a child (due to family dysfunction) you turned away from real relationships for a screen. This pattern repeated with screen addiction.