



Beyond the Labels- A Reflection Tool for Families Affected by Addiction

Instructions: Family roles (like the Hero, the Scapegoat, or the Caretaker) often form to help us survive difficult situations. This worksheet helps you pause and reflect—not just on the role you’ve played, but on who you are beyond it.

1. What role did I learn to play in my family? (Check all that apply or write your own)

- ☐ The Responsible One
- ☐ The Fixer
- ☐ The Peacemaker
- ☐ The Rebel
- ☐ The Quiet One
- ☐ The Strong One
- ☐ The Forgotten One
- ☐ Other:

2. How did this role protect me? Example: “It helped me avoid conflict,” “I stayed busy so I didn’t have to feel.”

3. What were the costs of this role? What parts of yourself got pushed aside or ignored?

4. How do I still fall into this role today? Notice patterns in relationships, stress responses, or expectations.

5. What would change if I stepped out of this role—just a little? What would feel scary? What might feel freeing?

6. Who am I outside of this role? Try to answer without using job titles or responsibilities. "I am someone who..."

I am someone who...

7. Draw a symbol that represents the part of you that's ready to grow beyond your old role.