



Characteristics of Children of Alcoholics

The name of the game of the mode of survival:	What you see of viable traits. Outside behaviors:	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 very possible:
The Family Hero or Super Kid	"The little mother" "The little man of the family." Overachiever.	Hurt, inadequate, confusion, guilt, fear, low self-esteem.	Provides self-worth to the family, someone to be proud of.	Workaholic, marry a dependent person, compulsive, can't say no, can't fail.	Competent, organized, responsible.
The Scapegoat or Problem Kid	Withdrawn and sul- len, troublemaker.	Hurt and abandoned, anger and rejection.	Takes the focus, takes the beat.	Alcoholic or addict, unplanned preg- nancy, TROUBLE.	Good under pressure, can see reality, can help others. Can take risks.
The Lost Child	Loner, day dreamer, solitary.	Unimportant, not al- low to have feel- ings, loneliness, hurt and abandoned, de- feated.	Relief, at least one kid no one worries about.	Indecisive, alone or promiscuous, dies early, can't say NO.	Independent, tal- ented and creative. Imaginative, assertive and resourceful.
The Mascot or Fam- ily clown	Immature, anything for attention, needful of protection, hyper- active, short attention span, learning disabil- ities, anxious.	Low self-esteem, ter- ror, lonely, unim- portant.	Comic relief.	Compulsive clown. Can't handle stress, marry a "hero."	Charming host, good sense of humor, inde- pendent. Helpful.