NEW DAY RECOVERY

Session 19 Handout

My Family Map

From Session 19. Roles are adaptations, not identities — and an adaptation can be retired.

Name: _____ **Date:** _____

Common roles: the enabler who shields, the hero who over-achieves to balance the shame, the scapegoat who absorbs the blame, the lost child who disappears, the mascot who defuses with humor. The rules underneath are usually: don't talk, don't trust, don't feel.

My family map	My answer
The role I played	
One role I refuse to resume	
One family pattern I can influence	
One pattern I am releasing to the other adults involved	

My map — names, roles, rules (headline level):

Homework: this week, notice one moment the old role invites you back. Do not play it. Write what happened, what you did instead, and how it felt an hour later.