

# Family Roles Mapping Worksheet

Understand the roles you played in your family system and how they continue to shape your relationships today.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

**Purpose:** In every family system, members tend to take on roles — some assigned, some assumed, some inherited across generations. Understanding the roles you played and how they shaped you is foundational to healing and to changing patterns in your current family.

## ROLES IN MY FAMILY OF ORIGIN

Check any roles you recognise — in yourself or in family members:

- |  |   |                     |
|--|---|---------------------|
| ■ <b>The Hero / Golden Child</b>           | <i>High achiever, family pride, hides own pain</i>                      | Self ■ Other: _____ |
| ■ <b>The Scapegoat</b>                     | <i>Blamed for family problems, identified as "the difficult one"</i>    | Self ■ Other: _____ |
| ■ <b>The Lost Child</b>                    | <i>Invisible, withdrawn, tries not to need anything</i>                 | Self ■ Other: _____ |
| ■ <b>The Mascot / Clown</b>                | <i>Uses humour to deflect tension, lightens the mood</i>                | Self ■ Other: _____ |
| ■ <b>The Caretaker / Parentified Child</b> | <i>Takes care of others' emotional or practical needs</i>               | Self ■ Other: _____ |
| ■ <b>The Peacemaker</b>                    | <i>Mediates conflict, keeps everyone happy, avoids rocking the boat</i> | Self ■ Other: _____ |
| ■ <b>The Enabler</b>                       | <i>Protects or covers for a family member's dysfunction</i>             | Self ■ Other: _____ |
| ■ <b>The Truth-Teller</b>                  | <i>Names what others avoid, often labelled "too sensitive"</i>          | Self ■ Other: _____ |

## REFLECTION

The role I most identified with in my family of origin and what it cost me:

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How this role shows up in my current relationships or family:

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**The role I would choose for myself now — free from family assignment:**

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**One role-based pattern I am working to change:**

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