

Codependent Group Roles

1. Clown – masks many faces – hides real self. Actress or actor – needs to share self - intimacy affirmations.
2. Hit man or lady – frozen feelings – control – blocked. Needs to play – experience feelings (little kid play & celebrate).
3. Little boy or little girl – fear of losing – good boy, good girl. Important – needs fun.
4. Boxer – survivor – can handle all – scapegoat & hero. Takes punches – burnout – sufficient – do all things you want. Intimacy.
5. Insanity outfit – look at self as crazy – insane (normal). Hard on self, beat self-up – relax do nothing – chill out.
6. Borrow clothes – always give, need to receive – be nurtured – let people nurture you.
7. Wino – Bag Lady – fear – need for intimacy & closeness. Fear of intimacy – control – afraid to lose control. Intimacy – sharing – closeness – trust & let other nature.
8. Toy – get used and discarded – creative & sensitive – waits for long time – need to be more selfish – share talents – need to listen – no control – lose control.
9. Pimp or Prostitute – give away need for self. Image together – need for intimacy and nurturing. Time for self – play and intimacy
10. Hero – all together – pedestal – need to play, enjoy, let loose – calibrate the little child. Be lazy – do nothing – be bum
11. Doll – image – all together – fine survivor – don't touch – perfect – image – talk about imperfection – share intimacy.
12. Horror Person – attracts horror to life. Looks at past through eyes of horror – do nice thing for person – thank you
13. Punk Rock – frozen – depression – dead look – need to play, loosen-up – be free.
14. Dysfunctional Clothes – need to let loose – freedom – make O.K. to be dysfunctional
15. Cinderella – looking for magic – need to nurture, take care of self.