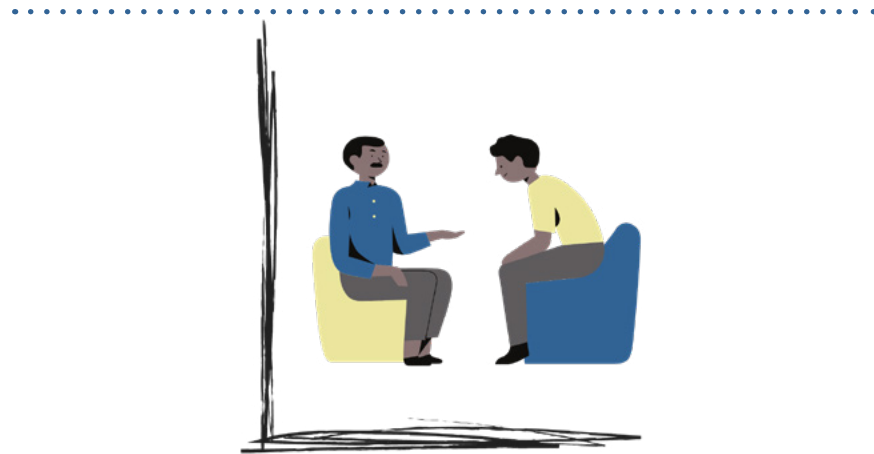


Role Cards

Role cards can be used in structured sessions to assist family members in identifying roles individuals play within the family system. Family roles can be flexible or fixed. Family members may “play” the same or similar roles.



To help family members understand family roles, the facilitator will pass around the card deck and discuss possible role(s) that a family member might have, ask the family to put the role in their own words, if they'd like, and discuss what a family member in that role might typically say or do. Then, the facilitator will ask the family members to give a name to the role (which may or may not be the same name as written on the card) and any other examples of behaviors a person might exhibit in this “role”.

The facilitator will then hand multiple cards to each family member and ask them to reflect and determine if anyone in their family plays a similar role to any of the cards they are holding. Role cards are examples of roles and are not all-inclusive, as there are many different roles individual family members can play. The facilitator will then invite the family members into a dialogue about the similarities and differences they see within their own family to the roles presented on the cards.

This activity is not intended to judge our roles but to identify them, explore them, and clarify them for all family members involved. The activity can often lead to increased family understanding of one another and family collaboration, confirmation, and adjustment of roles within the family.

Role Cards

Card 1 (back)

Possible Name:

THE MARTYR

Card 1 (front)

That's OK. I don't mind doing the dishes, the cooking, the cleaning, the shopping and paying the bills.

**WHAT NAME WOULD
YOU GIVE THIS ROLE?**

Card 2 (back)

Possible Name:

THE PEACEMAKER

Card 2 (front)

Everything will be OK. Let's not argue with each other. Let's keep our voices down. Let's just smooth over this problem.

**WHAT NAME WOULD
YOU GIVE THIS ROLE?**

Card 3 (back)

Possible Name:

THE VICTIM

Card 3 (front)

Everything always happens to me. There's nothing I can do about it. You just dump all over me.

**WHAT NAME WOULD
YOU GIVE THIS ROLE?**

Role Cards Continued

Card 4 (back)

Possible Name:

THE BOSS

Card 4 (front)

Just be quiet and I'll tell you what we are going to do.

**WHAT NAME WOULD
YOU GIVE THIS ROLE?**

Card 5 (back)

Possible Name:

THE HELPER

Card 5 (front)

Let me give you a hand.
Here, I'll show you how to do it.

**WHAT NAME WOULD
YOU GIVE THIS ROLE?**

Card 6 (back)

Possible Name:

THE CRITIC

Card 6 (front)

The food here is terrible and the servings are too small. I don't know why you can't do anything right.

**WHAT NAME WOULD
YOU GIVE THIS ROLE?**