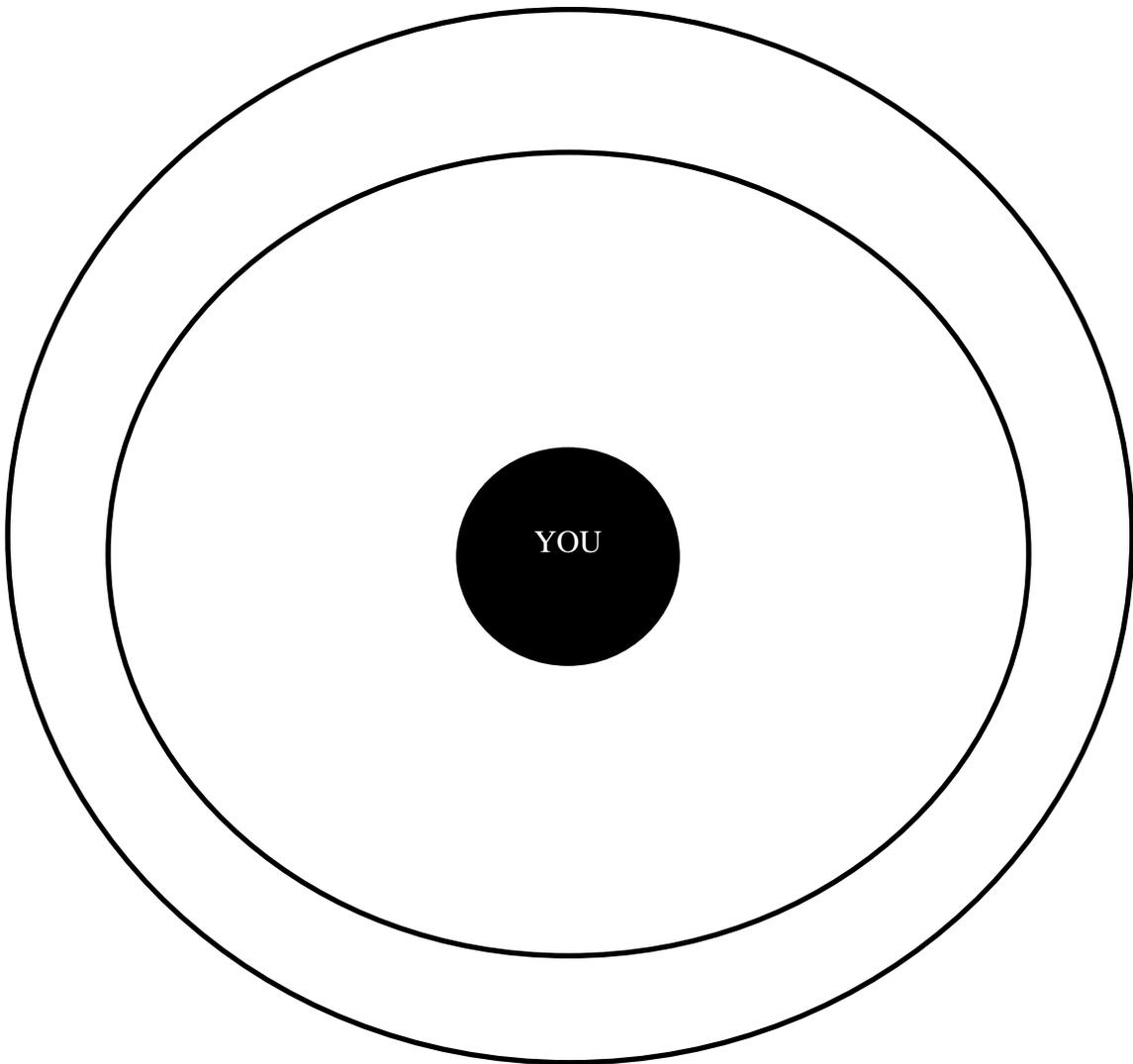


BPD and NPD System Worksheet

Identify your system in the spaces below. There are two circles that surround you in this example, but more in your life. The space closest to you is for you to write in the names of the individuals that are closest to you, and the outer circle is for you to write the names of those people who are not as close to you, but are in your interpersonal circle/system. The individuals that are closest to you typically have the greatest influence on how you see yourself, others, and situations and influence your role in the system. The further people are from you in your circle/system, the less influence they tend to have. Knowing who these people are will help you recognize the influence they have, or had, on you and increase your understanding of your system.



Below is a list of common system roles, descriptions are on the next page. Mark (✓) what you think your system role is today:

<input type="checkbox"/>	The Family Crucible
<input type="checkbox"/>	The Avoider
<input type="checkbox"/>	The Hero
<input type="checkbox"/>	The Enabler
<input type="checkbox"/>	The Rebel
<input type="checkbox"/>	The Mascot
<input type="checkbox"/>	The Healthy

Identify people or situations that drive you to fall into your system role:

Identify behaviors you can do instead of the “old” roles and patterns (I discuss healthy and adaptive strategies in other videos):

PRACTICE THESE NEW BEHAVIORS AS OFTEN AS YOU CAN

System Roles:

The Family Crucible	This individual is the “guilt receptacle” and “problem child.” All of the family’s contempt for each other, failures, and problems with imperfection are put onto this individual. S/he is the family scapegoat and feels rejected, guilty, jealous, and angry inside.
The Avoider	This individual has shut down from the chaos and abuse within the family. S/he has developed a coping strategy of avoidance when stress occurs and when in threatening situations. S/he has given up and feels empty, alone, afraid, depressed, and uncertain about his/her life.
The Hero	This individual does things to draw attention to him/herself in order to take the negative consequences away from others. S/he is inclined to take care of others and excel to help the parent or caregiver look and feel good. S/he feels guilty, hurt, and insecure about who s/he is and the pain that others are experiencing.
The Enabler	This individual maintains the status quo within the narcissistic family structure by encouraging and pacifying negative behavior. S/he will do anything to avoid the parent or caregiver becoming upset or hurt owing to their narcissistic views and parenting style. S/he feels angry, hurt, guilty, and insecure about his/her life choices and inability to satisfy everyone all the time.
The Rebel	This individual is prone to anger and acting out. S/he pushes things to the extreme and may self-sabotage in order to hurt the parent or caregiver and show his/her contempt. S/he feels angry, resentful, and afraid about the future and about the unpredictable way family members treat him/her.
The Mascot	This individual falls in line with the narcissistic pathology, does not cause problems, and will try to be pleasant all the time. S/he tries to be the “family favorite” to control internal fear, anxiety, and insecurity.
The Healthy	This individual is able to assert him/herself appropriately and receives an appropriate amount of love and attention. S/he is challenged to grow into an independent and thoughtful individual. S/he feels secure, confident, happy, and thankful for life and the people in it.

Your system wants you to fall into your role to maintain homeostasis, but you don’t have to be in that role. You can do it differently with awareness, support, and determination.

A mental health provider can be a great resource to do this.

I wish you all the best and thanks for exploring your system.

Knowledge is power, and power can move you to change your life.