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Family members learn to cope with the substance user's often unpredictable moods and behaviors. So, they adopt different roles to manage. In this worksheet, you will learn about six . Learn about the different roles that family members may play in dysfunctional families, such as the enabler, the hero, the golden child, the scapegoat, and the lost child. This PDF document . Shop stocking stuffers · Explore top gifts. Learn about the 14 major roles that family members may adopt in a dysfunctional family, such as the addict, the enabler, the hero, and the lost child. This PDF document explains the characteristics, behaviors, and feelings of each role and how they affect the family dynamics. This article explores the roles individuals might adopt in their family of origin and how they relate to family dysfunction and depressive symptoms. It presents two studies using the Family Assessment Device to measure family roles and dysfunction and discusses the implications for family therapy. Roles of Dysfunctional Families There are a number of roles that tend to develop in dysfunctional families. While individuals within the family may shift between more than one role, it is important to remember that each of the roles tend to have the same underlying rules associated with dysfunctional families. The Pink Elephant.