



Monthly ACA Zoom Workshop October 2023

Sibling Enmeshment and Codependence: Bringing the Family Drama to a Close

Did you seek love and protection from siblings, but instead received apathy or antagonism (BRB p. 19)? As a child or teen, were you parentified or infantilized in sibling interactions? Do you still feel like a child when interacting with siblings (BRB p. 296)?

Siblings often have different experiences growing up in the same household. In The Drama Triangle (Traits Workbook, p. 152), we have played the roles of authority figure (persecutor), scapegoat (victim), family hero (rescuer), mascot or lost child (BRB p. 97). These roles could shifted to a brother or sister, but could also be shifted onto us.

As we explore our inner family, we begin to see parallels with our family of origin. When we identify the roles we play and confront the denial and family secrets that fuel the Game of Dissociation, we can begin to find courage to be our true selves. Opting for discernment over judgement (BRB p. 148), we can consider withdrawing from the Game of Dissociation and codependence.

WHEN:

Sat, 10/28/2023 (10am – 11am) [Same content
Sun, 10/29/2023 (11am – 12pm) each day]

Here's a link to convert your local time:

<https://24timezones.com/difference/boston/>

HOW TO ATTEND:

Go to:

Link: <https://zoom.us/join>

Mtg ID: 899 6326 6242

Passcode: <none>

This event is sponsored by the ACA Mass Intergroup.

A list of weekly meetings can be found at <https://www.acamassintergroup.org>

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