

Family Types



Commonality = shame / abandonment

In addition to alcoholic and addicted families, there are at least five other types that can produce Adult Children:

- Homes with mental illness in the parent(s).
- Homes with hypochondriac parent(s).
- Homes with ritualistic beliefs, harsh punishment, and extreme secretiveness, often with ultra-religious, militaristic, or sadistic overtones.
- Homes with covert or actual sexual abuse, including incest and inappropriate touching or dress by the parent(s).
- "Perfectionistic," shaming homes in which expectations are often too high and praise, approval, and love are typically tied to an accomplishment rather than given freely.