



Liberating Yourself from Family Archetypes

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Family Archetypes

- Ayurveda - much of this practice is about clearing “karma” - there is much misunderstanding around this term
- Karma as the seeds or traces of the past
- Modern science supports this notion - 7 generations -
- Studies done on traumatized mice - Holocaust survivors
- Family archetypes are a way of identifying the unconscious psychological/energetic tendencies we may not even know we are playing out

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- Karma as the seeds or traces of the past that go unconscious
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- Family archetypes are a way of identifying the unconscious psychological/energetic tendencies we may not even know we are playing out
- They are family frameworks our ego finds familiar, patterned and comforting
- They are coping roles





THE HERO

- Seeks to bring pride and stability to the family
- Often the eldest
- Sometimes parentified
- Overachiever, responsible, dependable, self-sacrificing
- Can repress their own needs and emotions to maintain the facade of “normalcy”
- Underlying roots: feels intense pressure to succeed and struggles with perfectionism.
- The role is a hidden mask for feelings of inadequacy, loneliness, or unworthiness, as their worth becomes tied to their achievements.
- Hidden Pain: Avoid expressing vulnerability or seeking help, fearing it may destabilize the family.

Impact: Outwardly appears successful, but can often experience anxiety, burnout, and difficulty forming authentic relationships.

The powerful positive: You are brave, strong and resilient! In Ayurvedic healing - we attempt to SEE the role, not demonize it. Allow the inner Hero to recognize and release their role and integrate the heroic qualities TOWARDS THEMSELVES!





THE CLOWN/PERFORMER

- The counterbalance to the black sheep
- Uses humor to redirect and defuse tensions
- Inability to have a serious conversation or face the truth or dark side of reality
- Always on high alert as they leap to insert a joke or diffuse tensions
- Uses humor as a way to gain attention and validation within the family dynamic
- Emotionally Avoidant- Masks their own pain, sadness, or fear with laughter and levity
- Feeling that they need to be performing to be loved or valid
- The Clown's focus on keeping things light can result in suppressed sadness, anger, or anxiety.
- Often struggles with feeling misunderstood, disconnected, or unseen for their true self
- Can lead to mental and physical health issues related to repression

The powerful positive: Explore and express your authentic emotions! Even the darker ones! This helps them build deeper, more meaningful connections with themselves and others = **AUTHENTICITY!** In Ayurvedic healing - we attempt to **SEE** the role, not demonize it. Allow the inner playful nature to recognize and release their role and integrate the fun-loving qualities **TOWARDS THEMSELVES!**



THE CARETAKER/ENABLER

-She who prioritizes the needs, emotions, and well-being of others over her own and sometimes to the detriment

—Overly Supportive, hypervigilant, constantly working at solving problems and minimizing conflict


Deeply emotionally attuned to emotions of other, often anticipating and meeting their needs to prevent crises.

-Co-dependency - may derive their sense of worth from being needed by others

-Often find it easier to focus on the OTHER than their own inner reality and issues

-Repress their own feelings to avoid rocking the boat, leading to unresolved anger, sadness, or resentment. May show up with an inability to sleep or relax.

The powerful positive: This person possesses an enormous amount of love and nurturing qualities! In Ayurvedic healing - we attempt to SEE the role, not demonize it. Allow the inner NURTURING FORCE to recognize and release their role and integrate the loving, caring qualities TOWARDS THEMSELVES!





THE BLACK SHEEP

- Also known as Problem Child or Scapegoat
- Often self-isolate, go “emo,” take on a role, political belief or religion the opposite of their family system
- Feel that they don’t fit in, are weird or different or even look different or TRY to look different
- The one we all agree to dislike and demonize - seen as troublemaker or outsider
- Blamed for the family problems
- May act out as rebellious or defiant - goes against the “family norms”
- Projection: The family may project their unacknowledged problems, guilt, or shame onto the Black Sheep to avoid confronting their dysfunction.
- The Black Sheep often internalizes rejection, leading to struggles with self-esteem, anger, or depression.

The powerful positive: Black Sheep are encouraged to explore their own identity separate from the family narrative, heal from rejection, and build a sense of self-worth that isn’t defined by the family’s dysfunction. Their refusal to conform or play along with the dysfunction can also signify a desire for authenticity and change. In Ayurvedic healing - we attempt to SEE the role, not demonize it. Allow the inner black sheep to recognize and release their role and integrate the unique qualities of THEMSELVES while being able to integrate into their chosen group.



THE GOLDEN CHILD

- Can do no wrong, the favorite, the best, A+ student, sports star, social media influencer
- Secretly terrified of rejection despite being a chronic high achiever
- Can suffer from nervous conditions, perfectionism, burnout, repressed emotions
- Placed on a pedestal as the "perfect" one who reflects positively on the parents masking
Praised excessively and expected to meet high standards, often at the expense of their emotional well-being.
- May get disproportionate attention and praise compared to other family members, often creating resentment or conflict.
- Only gets conditional Love: may feel their worth is tied to their achievements and fear failure or rejection.

The powerful positive: Use your motivation to break free from your family's expectations, exploring the true self, and developing a sense of worth independent of external validation.

In Ayurvedic healing - we attempt to SEE the role, not demonize it. Allow the inner golden one to recognize and release their role through the knowledge that their intrinsic "gold" has nothing to do with grades, awards, degrees, beauty or achievements.



THE PEACEMAKER

- Spiritual bypass, Mediator, PollyAnna vibes - wants to avoid all conflict and is deep denial of the underlying dysfunctions and can even gaslight others who are seeing clearly.
- “Can’t we all just get along?!” is used to avoid their own inner feelings of discomfort
- Often trying to undo the damage caused by addict, abuser, narcissist
- Cannot be relied on when you are experiencing real distress
- Associated with freeze or dissociation in the nervous system
- Ignore all information that is not “pleasant” and constantly excuse bad actions
- Takes on the responsibility of reducing conflict, soothing tensions, and maintaining harmony in response to family dysfunction, such as constant arguments, tension, or emotional volatilities.
- Prioritizes family harmony over their own needs, thoughts or feelings. Has deep fear of confrontation or rejection, leading them to suppress their own emotions and opinions.

The powerful positive: Use your peace-making to make peace in yourself. Speak TRUTH about the darkness that does occur. In Ayurvedic healing - we attempt to SEE the role, not demonize it. Peacemakers are encouraged to set healthy boundaries, prioritize their own needs, and develop the confidence to address conflict directly and constructively.



THE REBEL/FIGHTER

- The opposite of the Golden Child - often defiant, they fight the abuse but often draw the abusers ire
- Related to the hero, they try to protect those they feel are more vulnerable
- Can be big or strong physically but not always
- Openly defies rules, expectations, or authority
- Asserts independence, or express frustration with the status quo
- Can engage in confrontational, risky or disruptive behaviors. Is emotionally Reactive and expresses anger or frustration outwardly
- Negative behaviors can be a way to gain recognition or validation in a family where other roles feel inaccessible.
- They may internalize their role as "bad" or "unlovable," which can affect their self-esteem and future relationships.

The powerful positive: In Ayurvedic healing - we attempt to SEE the role, not demonize it. Rebels are encouraged to explore the emotions driving their behavior, develop healthier ways to assert their independence, and address feelings of rejection or hurt within the family dynamic.

THE VICTIM

- Constantly seeking reassurance, care, affection and attention based on how helpless they are
- Prone to anxiety and sickness (sometimes as the only way they got attention as a child)
- Constantly need care and protection (often by the hero or fighter/savior) and consistently portrays themselves as helpless, powerless, or wronged.
- Want sympathy and to inspire rescuing behaviors in others
- Frequently expresses a sense of being overwhelmed, incapable, or unfairly treated.
- Uses their struggles or misfortunes to gain care, validation, or support from others.
- Reluctant to take accountability for their own actions or growth, often blaming external circumstances or others.
- They seek the care, attention, or protection they feel they lack in the family. Their role can manipulate family dynamics to avoid accountability or maintain control.
- The Victim may struggle with personal growth, relationships, and self-esteem, feeling stuck in a cycle of dependency or helplessness.

The powerful positive: In Ayurvedic healing - we attempt to SEE the role, not demonize it. Victims are encouraged to build self-awareness, take accountability for their choices, and develop the confidence to address challenges constructively rather than relying on the role for validation or support.

The Ultimate THREE

- Mother
- Father
- Child
- Dark and light - we let go of the past family set up to create something NEW
- Individuation = SVATHA = Situated in the truth of who YOU are (not your family past)



Family Archetypes

- You are NOT the archetype
- Recognize the energy and attempt to integrate it in healthy ways
- Who am I then?
- SVASTHA - Ayurveda and True Health



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