

THE BOTTLED UP FAMILY OF JACK AND DANIELA THE NORMAL DYSFUNCTIONAL FAMILY

As you hear the different testimonies and descriptions of the varied personalities in the Bottled Up Family, we encourage you to write down who you relate to and take notes. Remember, we can be any character, male or female version, and we can also have aspects of more than one.

BONUS QUESTION: If you asked your family which character they see you as, which one would they say you are?

1. JACK (THE MAIN ADDICT, RAGE-AHOLIC)

2. DANIELA (THE ENABLER, CODEPENDENT)

3. PERFECT PAUL

4. ROXY/SPIKE THE REBEL

5. CANDY THE LOST GIRL

6. CAMILA THE CHAMELEON

7. ALEXIA THE ORPHAN

8. JERRY THE CLOWN

9. ILL-PHIL THE HYPOCHONDRIAC

10. THE ANGELS WHO LOVED US

We are going to take a moment and ask the Holy Spirit to show us who were those people/voices in our lives who imparted life in our darkest times.

- Who made our pain manageable?
- What did they say?
- What did they do?
- How did we feel when we were with them?
