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The Hero or The Responsible One Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Pros and Cons of Being the Hero

3 · Connecting Your Past and Present Roles

4 · The Hero's Influence on Personal Choices

5 · Linking the Hero Role to Self-Esteem

6 · Challenging Perfectionism

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8 · Setting Realistic Standards

9 · Detachment with Love

10 · Learning to Say No

11 · Understanding and Expressing Needs

12 · Prioritizing Self-Care

13 · Managing Stress

14 · Overcoming Emotional Suppression

15 · Rediscovering Your Identity Beyond the Hero Role

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

The following are common signs you might be as "The Hero" or "The Responsible One" in the family. Rate each statement on a scale from 1-5 (1 being "strongly disagree" and 5 being "strongly agree"):

Statement	Rate (1-5)
1. "I often feel the need to achieve and be successful to gain approval and make my family proud."	1-2-3-4-5
2. "I usually take charge in crises and feel responsible for solving family problems."	1-2-3-4-5
3. "It's difficult for me to show vulnerability or admit that I'm struggling."	1-2-3-4-5
4. "I am often seen as the reliable one who holds things together in the family."	1-2-3-4-5
5. "People come to me for advice and guidance, and I pride myself on being a good role model."	1-2-3-4-5
6. "I worry about maintaining control and can become anxious if things don't go according to plan."	1-2-3-4-5
7. "There's a fear within me that if I don't perform well, I will let my family down."	1-2-3-4-5
8. "I have a strong sense of duty and often take on responsibilities beyond my years."	1-2-3-4-5
9. "I put a lot of pressure on myself to excel in academics, work, or other areas of life."	1-2-3-4-5
10. "In social settings, I am often the peacemaker or the one who steers conversations away from conflict."	1-2-3-4-5
11. "I find it challenging to open up about personal issues, preferring to focus on others instead."	1-2-3-4-5

12. "I sometimes feel older than my actual age because of the responsibilities I've taken on."	1-2-3-4-5
13. "I often mask my emotions to appear strong and dependable."	1-2-3-4-5
14. "There is a part of me that fears failure or making mistakes because it might diminish my role as the responsible one."	1-2-3-4-5
15. "I have a tendency to be perfectionistic and set very high standards for myself."	1-2-3-4-5

Optional reflection checklist - do not total or interpret as an impact or severity score. "Hero" and "Responsible One" are informal family-role formulations, not diagnoses. Discuss patterns in context, including culture, caregiving duties, safety, strengths, and functional impact.

1. What statements resonated with you more than the others?

2. Which of the identified patterns or habits from the questionnaire do you feel most interested in working on changing?

Pros and Cons of Being the Hero

1. Pros of Being 'The Hero'

The following are some common benefits of being the hero. Check off the ones you relate to or add more to the list:

- ☐ You feel good about yourself.
- ☐ People look up to you.
- ☐ You get things done.
- ☐ You hone leadership qualities.
- ☐ You motivate people around you.
- ☐ It feels fulfilling to help.
- ☐ You learn to tackle complex issues.
- ☐ Your skills are acknowledged.
- ☐ You feel a strong sense of mission.
- ☐ Helping others gives you a sense of control.

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

2. Cons of Being 'The Hero'

The following are some common costs of being the hero. Check off the ones you relate to or add more to the list:

- ☐ You're expected to always perform.
- ☐ Risk of burnout.
- ☐ You might put yourself last.
- ☐ Others rely too much on you.
- ☐ It's hard for others to relate to you.
- ☐ You could be taken advantage of.
- ☐ Your self-worth might depend on being a hero.
- ☐ Less time for loved ones.
- ☐ The responsibility can be overwhelming.
- ☐ Fear of failure.
- ☐ Limited privacy - Your actions are often in the spotlight.
- ☐ Your help might not always be helpful.
- ☐ It's hard to show vulnerability.
- ☐ Sacrifice of personal goals.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Connecting Your Past and Present Roles

1. Reflections on Your Family Role

- What did being "The Hero" look like in your childhood home? Describe the expectations and behaviors associated with this role.

- How did taking on this role make you feel as a child? Consider both positive and negative feelings.

- In what ways did your "Hero" role benefit your family system? Did it serve a particular function (e.g., distracting from family conflict, providing stability)?

2. Current Manifestations of Your Hero Role

- Identify areas in your present life where you see the "Hero" role emerging. Consider your work, relationships, and personal pursuits.

- Reflect on how these patterns of behavior impact your day-to-day life currently. Are they helpful, hindering, or a mix of both?

- How do others respond to your "Hero" behaviors now? Do they reinforce or challenge this role?

3. Aligning Past and Present

- Looking at your reflections above, what similarities and differences do you see between your past and present "Hero" roles?

- What lessons have you learned from being "The Hero" that you want to carry forward?

- What aspects of this role are no longer serving you and may need to be released or redefined?

The Hero's Influence on Personal Choices

1. Understanding Your Choices

- Reflect on recent significant choices you have made. Which of these can you link to your "Hero" role?

- In what ways might these choices have been different if you weren't influenced by the "Hero" role?

2. Exploring Motivations

- For each significant choice identified, articulate the underlying motivations. Were you seeking approval, trying to maintain control, avoiding conflict, or something else?

- Which motivations align with your values, and which might be driven by external expectations or pressure?

- How do you feel about the motivations that stem from your "Hero" role? Do they bring you satisfaction or discomfort?

3. Consequences of Your Choices

- Consider the short-term and long-term impact of your choices on your life. How have they affected your mental health, relationships, and career?

- Have there been instances where your choices led to resentment or burnout? How did you respond?

4. Aligning Choices with Authentic Self

- Identify aspects of your life where you'd like to make choices that are less influenced by the "Hero" role.

- Envision what making choices from a place of authenticity would look like. What values would these choices honor?

- List steps you can take to start making choices based on your true desires, needs, and boundaries.

Linking the Hero Role to Self-Esteem

1. The Role and Your Self-Image

- How does fulfilling the "Hero" role affect the way you see yourself?

- Do you find that your self-esteem fluctuates based on how well you perform in your "Hero" role? Provide examples.

- Are there aspects of your identity that you value outside of being "The Hero"? List them.

2. Dependency on the Role

- How comfortable are you with making mistakes or showing vulnerability? Does this impact your self-worth?

- What happens to your self-esteem when you cannot meet the expectations associated with the "Hero" role?

3. Broader Perspectives of Self-Worth

- Reflect on your personal qualities, achievements, and relationships that contribute to your self-esteem independently of the "Hero" role.

4. Cultivating Sustainable Self-Esteem

- Identify practices that can help you maintain a sense of worth that isn't reliant on the "Hero" role. The following are some common examples.

Check off the ones you find relevant or add more to the list:

- ☐ **Positive self-talk:** Encouraging yourself with kindness and optimism.
- ☐ **Healthy relationships:** Cultivating supportive friendships and family ties.
- ☐ **Physical exercise:** Feeling good through physical activity and fitness.
- ☐ **Creative expression:** Finding joy in art, music, writing, or dance.
- ☐ **Self-compassion:** Treating oneself with care during tough times.
- ☐ **Healthy boundaries:** Protecting your space and saying no when needed.
- ☐ **Spiritual practices:** Gaining peace through faith or spirituality.
- ☐ **Learning new skills:** Expanding your abilities and knowledge base.
- ☐ **Building financial stability:** Gaining confidence through economic independence.
- ☐ **Humor and laughter:** Not taking oneself too seriously.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Challenging Perfectionism

1. Identifying Perfectionistic Patterns

- What are the signs that you're pushing yourself into perfectionism? The following are some common signs. Check off the ones you relate to or add more to the list:

- ☐ **Unrealistic standards:** Believing that anything less than perfect is unacceptable.
- ☐ **Fear of failure:** Viewing failure as a reflection of personal worth or ability.
- ☐ **Procrastination:** Delaying tasks due to the fear of not completing them perfectly.
- ☐ **Overcompensating:** Putting in much more effort than necessary for a task.
- ☐ **All-or-nothing thinking:** Viewing situations in extremes (perfect or a disaster).
- ☐ **Preoccupation with details:** Focusing excessively on minute details instead of the overall task.
- ☐ **Never feeling satisfied:** Believing that your work is never good enough.
- ☐ **Harsh self-criticism:** Engaging in negative self-talk when your expectations are not met.
- ☐ **Fear of judgment:** Worrying excessively about what others think of your work or performance.
- ☐ **Avoidance:** Avoiding tasks or situations where there's a risk of not meeting high standards.

- ☐ **Difficulty delegating:** Feeling the need to do everything yourself to ensure it's done right.
- ☐ **Low risk-taking:** Avoiding risks due to fear of not achieving perfection.
- ☐ **Chronic dissatisfaction:** A persistent sense of failure despite achievements.
- ☐ **Workaholism:** Working excessively and finding it hard to switch off.
- ☐ **Physical stress symptoms:** Experiencing headaches, muscle tension, or digestive issues due to stress.
- ☐ **Micromanagement:** Needing to control all aspects of a project or activity.
- ☐ **Indecisiveness:** Being unable to make decisions for fear of making the wrong choice.
- ☐ **High stress levels:** Constantly feeling under pressure because of self-imposed standards.
- ☐ _____
- ☐ _____
- ☐ _____

- Think about a recent situation where you noticed these patterns.

Describe the context and your reaction.

2. Understanding the Impact of Perfectionism

- Reflect on the consequences of your perfectionism. How does it affect your mental health and overall well-being?

- What are the costs of chasing perfection in terms of time, energy, and missed opportunities?

3. Reevaluating Perfectionistic Beliefs

- Challenge the beliefs that fuel your perfectionism. For example, does being perfect actually ensure success, love, and respect?

- Are there instances where "good enough" led to better outcomes than striving for perfect?

4. Developing Healthier Approaches

- Identify ways to set more realistic and flexible standards. How can you determine what's "good enough" in various situations?

- Practice setting boundaries for yourself. Decide in advance how much time and effort is reasonable for a task, and stick to it.

Accepting Imperfection

1. Reflecting on the Nature of Imperfection

- Describe a situation where you couldn't achieve your desired level of perfection. What happened, and how did you respond?

- How does the idea of imperfection make you feel? Are there specific areas where you struggle with accepting imperfection more than others?

- What messages have you received throughout your life about making mistakes or failing? How have they shaped your view of imperfection?

2. Challenging Beliefs About Perfection

- What are some beliefs you hold about imperfection? The following are some common examples. Check off the ones you relate to or add more to the list:

- ☐ Viewing imperfection as an unacceptable flaw rather than a natural part of life.
- ☐ Associating imperfection with the fear of being judged or criticized by others.
- ☐ Feeling unworthy or less valuable if not achieving perfection.
- ☐ Believing that imperfections are evidence of personal inadequacy.
- ☐ Viewing performance and outcomes as either perfect or a complete failure, with no middle ground.
- ☐ Taking mistakes or failures personally rather than seeing them as learning experiences.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- For each belief, ask yourself: Is it helpful? Is it realistic? Is it kind? Challenge any negative beliefs with more compassionate and realistic viewpoints.

3. Embracing Imperfection in the Self

- What personal qualities or characteristics do you criticize yourself for? Write them down and next to each, list ways these could actually be seen as strengths or simply human traits.

- Recall a time when a mistake or imperfection led to a positive outcome, such as learning a valuable lesson or connecting with others.

- Imagine speaking to a loved one who feels bad about an imperfection. What would you say to them? Extend the same compassion to yourself?

4. Moving Forward with Acceptance

- List simple, everyday tasks that is typically performed with a high standard of perfection. This could be writing an email, making your bed, cooking a meal, or organizing a space.

- Choose a task that is lower in significance where imperfection feels more tolerable. This allows you to gradually acclimate to the discomfort that may arise from not doing a task perfectly.

- Define what 'imperfectly done' would look like. For example, decide that you will send an email without checking it more than once for typos, or you will make the bed but leave some wrinkles in the sheets.

- After completing the activity, spend some time reflecting on the experience. What did you notice? How did you feel during and after the task? Were there any surprises?

Use consensual, graded behavioral experiments - not automatic desensitization or ever-higher stakes. Select one low-risk task after reviewing realistic consequences, caregiving duties, retaliation, OCD or trauma factors, occupational risk, and readiness. Predict the outcome, preserve the right to stop, and review what happened. Step down or discontinue if distress, compulsive responding, trauma symptoms, safety, or functioning worsens.

Setting Realistic Standards

1. Evaluating Current Standards

- List the standards you currently hold for yourself in various areas of your life (e.g., Working overtime regularly to ensure every project is flawless, Striving for straight A's or top marks in all subjects or exams, Being universally liked and avoiding any form of rejection or criticism, etc.)

- How do these standards serve you? Do they motivate you, or do they cause stress and anxiety?

2. Identifying Unreasonable Expectations

- Ask yourself which of these standards are truly attainable. Are there any that you consistently struggle to meet? Why might this be?

- Consider whether these standards would seem reasonable if applied to someone else whom you care about. Would you expect the same from them?

3. Shifting Towards Realistic Goals

- Re-evaluate your list of standards and adjust them to be more realistic and achievable. Consider what 'good enough' might look like in each area.

- Determine what resources or support you might need to meet these adjusted standards.

Detachment with Love

1. Identifying Over-Involvement

- Recall recent situations where you felt overly responsible for solving someone else's problem. What emotions did this evoke in you?

- How do you typically recognize when you are becoming too involved in another person's issues?

- Consider the impact of your over-involvement on both yourself and the other person. How does it affect each of you?

2. Understanding Detachment with Love

- Why might allowing others face their own issues be beneficial in these situations? List the potential positive outcomes for yourself and for others.

3. Setting Boundaries

- Identify clear boundaries you need to establish to maintain a healthy level of involvement. What are you willing and not willing to do for others?

- Consider possible reactions from those you're setting boundaries with. How will you handle pushback or negative responses?

4. Fostering Independence

- Think about the support you can provide that empowers rather than enables. What forms of encouragement or resources can you offer that respect others' abilities to solve their own problems?

Learning to Say No

1. Recognizing Your Limits

- Identify the signs that you're taking on too much. What physical, emotional, or mental cues do you notice when you are overextended? The following are some common examples. Check off the ones you tend to experience or add more to the list:

- ☐ Constant tiredness despite adequate sleep.
- ☐ Frequent tension headaches or migraines.
- ☐ Muscle tension or pain especially in the neck, shoulders, or back.
- ☐ A short temper and low tolerance for small annoyances.
- ☐ Persistent feelings of worry or panic attacks.
- ☐ Feelings of hopelessness, sadness, or a lack of interest in activities once enjoyed.
- ☐ Lack of drive or passion for tasks that used to be important or enjoyable.
- ☐ Trouble focusing or remembering things, along with being easily distracted.
- ☐ _____
- ☐ _____
- ☐ _____

- Reflect on your priorities and values. What matters most to you in life, and how do your current commitments align with these?

- List recent instances where you said yes but wanted to say no. What were the reasons you felt compelled to agree?

2. Understanding the Importance of 'No'

- Acknowledge the benefits of saying no. How might saying no more often improve your life, health, and relationships?

- Consider the potential consequences of always saying yes. How has this affected you negatively in the past?

- Examine any fears or beliefs that make it difficult for you to say no. Do you fear rejection, conflict, or appearing selfish? How can you challenge these beliefs?

3. Developing Strategies to Say No

- Write down phrases that you can use to say no assertively yet politely.

The following are some examples. Check off the ones you find relevant or add more to the list:

- ☐ "I appreciate your offer, but I'm unable to commit to that right now."
- ☐ "I'm honored, but I can't."
- ☐ "Unfortunately, I have other priorities that I need to focus on at the moment."
- ☐ "That sounds great, but I'm really trying to stick to my schedule and I just can't fit it in."
- ☐ "I wish I could help out, but I'm already committed to something else."
- ☐ "I'd like to help, but I'm under a lot of pressure with other deadlines right now."
- ☐ _____
- ☐ _____
- ☐ _____

- Role-play scenarios in which you might need to say no. Anticipate the response you might receive and plan how to remain firm in your decision.

4. Reinforcing the Positive Outcomes of Saying No

- After saying no, note your feelings and any outcomes. Recognize the positive impact that saying no has on your stress levels and availability for the things you truly value.

Understanding and Expressing Needs

1. Recognizing Unmet Needs

- Think about times when you've felt frustrated, resentful, or upset. Can these feelings be traced back to an unmet need?

- Consider the roles you play (e.g., parent, partner, employee). Within these roles, what needs do you have that are not being fulfilled?

- How do you usually respond when your needs aren't met? Do you withdraw, become irritable, overcompensate in other areas, etc.?

3. Communicating Your Needs

- How comfortable are you expressing your needs to others? What factors influence your comfort level?

- Practice formulating "I" statements that focus on your feelings and needs without blaming others. For example, "I feel [emotion] when [situation], because I need [need]. What would help me is [request]."

- Identify potential obstacles to expressing your needs and think about how you can overcome them. (E.g., fear of conflict, not wanting to burden others)

Prioritizing Self-Care

1. Assessing Your Self-Care Needs

- Identify your current self-care practices. What do you do regularly to look after your physical, emotional, mental, and spiritual well-being?

Physical Self-Care:

- ☐ **Adequate Sleep:** 7-9 hours of quality sleep each night to restore energy and promote healing in the body.
- ☐ **Regular Exercise:** physical activities that you enjoy, aiming for at least 150 minutes of moderate aerobic activity per week.
- ☐ **Nutrition:** Eating a balanced diet rich in vegetables, fruits, whole grains, lean protein, and healthy fats.

Emotional Self-Care:

- ☐ **Boundaries:** Setting and maintaining healthy boundaries in personal and professional relationships.
- ☐ **Support Systems:** Building and nurturing relationships with friends, family, or support groups that can provide emotional comfort.
- ☐ **Stress Management:** Practicing relaxation techniques such as deep breathing, mindfulness meditation, or yoga.

Mental Self-Care:

- ☐ **Continued Learning:** Stimulating your intellect through reading, or learning new skills.
- ☐ **Leisure Time:** Making time for hobbies and interests that intellectually engage and entertain you.

- **Expressive Activities:** Engaging in activities that allow for emotional expression, such as journaling, art, or music.

Spiritual Self-Care:

- **Reflection:** Spending time in reflection, contemplation, or meditation to connect with your inner self.
- **Spirituality or Religion:** If applicable, engaging in spiritual or religious practices that resonate with your beliefs.
- **Gratitude:** Maintaining a regular practice of gratitude to enhance spiritual wellness.

- Consider the barriers to self-care you've encountered. What are the specific challenges that prevent you from engaging in self-care?

2. Redefining Self-Care as a Priority

- Think about how taking time for yourself can ultimately benefit not just you, but also those you feel responsible for. What is the potential positive impact on your relationships and duties when you're well-rested and fulfilled?

- Analyze the costs of continuous self-sacrifice. In what ways has putting others continually ahead of your needs taken a toll on you?

3. Creating a Self-Care Plan

- Develop a realistic self-care plan that addresses physical, emotional, mental, and spiritual wellness. What specific activities can you commit to in each area?

- Schedule these activities into your week. How can you make time for them despite a busy schedule?

Managing Stress

1. Personal Stressors

- List the personal responsibilities you have that may contribute to your stress (e.g., family obligations, financial responsibilities, health concerns).

2. Work-Related Stressors

- Describe the aspects of your work that are most stressful to you (e.g., deadlines, workload, interpersonal relationships, lack of resources).

3. Relational Stressors

- Identify any relationships in your life that are currently sources of stress (e.g., with a partner, family member, friend, or colleague).

4. Identifying Underlying Beliefs

- Examine any underlying beliefs or assumptions that might contribute to your stress (e.g., "I must be strong for everyone," "If I don't do it, it won't get done right").

- Consider what you would tell a friend if they had this same belief

5. Coping Strategies

- What are your current coping strategies for dealing with stress? Are they effective? Do they have any negative consequences?

- Brainstorm healthier coping strategies that you could implement. The following are some examples:

- ☐ Deep breathing exercises
- ☐ Mindfulness meditation
- ☐ Regular physical exercise (e.g., jogging, swimming)

- ☐ Engaging in a creative hobby (painting, drawing, crafting)
- ☐ Taking a long, warm bath or shower
- ☐ Reading a book or magazine
- ☐ Spending time with pets
- ☐ Gardening or caring for houseplants
- ☐ Writing in a journal
- ☐ Cooking or baking for pleasure
- ☐ Watching a comedy or feel-good movie
- ☐ Going for a nature walk or hike
- ☐ Practicing gratitude by writing down things you're thankful for
- ☐ Decluttering your living or work space
- ☐ Drinking herbal tea with calming properties (e.g., chamomile)
- ☐ Spending time in sunlight or fresh air
- ☐ Planning fun or relaxing activities as a reward for completing stressful tasks
- ☐ Trying out breathing apps or stress management apps
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Overcoming Emotional Suppression

1. Recognizing Your Emotional Patterns

- List the emotions you commonly suppress and in what situations you tend to do so.

- Describe how suppressing these emotions has affected your mental health, relationships, and overall satisfaction with life.

2. Exploring the Reasons Behind Suppression

- Reflect on why you feel the need to suppress your emotions. Are there beliefs about strength or responsibility that make it difficult for you to express how you feel?

3. Practicing Emotional Expression

- Identify safe and constructive outlets for expressing your emotions (journaling, talking to a trusted friend, therapy, creative activities, etc.).

- Use the following prompts to practice emotional expression:

- What am I feeling right now?

- What is the intensity of my emotions on a scale from 1 to 10?

- Was there something today that triggered sadness, anger, or frustration in me?

- What thoughts have been predominant today, and how have they influenced my mood?

- Have I noticed any patterns in my emotions this week that may be pointing to something deeper?

- Something that's bothering me lately is...

- I wish I could tell [person] _____ that...

- The last time I cried was _____ and here's why...

- When I am alone I feel...

Rediscovering Your Identity Beyond the Hero Role

1. Your Attributes Beyond the Role

- Identify your intrinsic qualities, preferences, and interests that are not linked to being "The Hero." What do you enjoy? What are your strengths and talents outside of problem-solving and responsibility?

- Recall experiences that have brought you joy, satisfaction, or a sense of accomplishment independently of your hero role. What did these experiences teach you about yourself?

2. Discovery of Interests

- List any new interests or hobbies you'd like to explore or devote more time to. What steps can you take to integrate these into your life?

- Make a list of things that bring you joy that are not related to achievements, such as spending time in nature, engaging in creative endeavors, or simply being with loved ones.

3. Broadening Your Goal Spectrum

- Write down goals across different categories of your life: personal growth, relationships, hobbies/interests, health/wellness, and career/achievement.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · not a DSM-5-TR diagnosis
- ICD-11 CDDR: No diagnosis under this title - this family-role formulation is not an ICD-11 mental disorder diagnosis
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 12, 16, 19, 25, 30, 35, 39, 41, 42, 44. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess specific symptoms, chronology, impairment, coercion and safety, PTSD/complex PTSD where applicable, depression/anxiety, grief, substance use, family-system context, and culturally shaped roles.

Document-specific corrections

- Identify the ·hero/responsible one· as a family-role formulation, not a disorder.
- Avoid assuming childhood family dysfunction caused perfectionism or adult responsibility patterns without corroborating assessment.
- Distinguish adaptive responsibility from anxiety, OCD/OCPT traits, trauma, parentification, ADHD compensation, and cultural/family obligations.
- Ensure detachment and refusal exercises account for caregiving duties and retaliation risk.

Measures, scoring, and permissions

- Pages 4-5 contain an author-created, non-scored family-role reflection checklist. No standardized measure is reproduced; do not total, apply cutoffs, diagnose, or infer impact. Page 25 contains graded behavioral-experiment safeguards.

Intervention scope and contraindications

- Pages [2]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.

Crisis and current resources

- Use context-specific caregiver, trauma, anxiety, or abuse resources rather than role-label resources.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>