JACKIE DORMAN • VIP COACHING

WORKSHEET 7 • WEEK 3

THE SELF SABOTAGE AUDIT

What Does My Counterfeit Actually Do?

Now take each counterfeit you identified last week.

Use one audit for each of your three main counterfeits. Each audit includes a behavior checklist, reflection questions and your sabotage loop.

If you identified more than three, use an additional copy for the others.

Bring this worksheet with you Thursday.

NAME

DATE

RECOGNIZE

Audit 1: What Do I Do?

My Counterfeit:

When this version of me takes over, I tend to:

- [ ] Chase
- [ ] Withdraw
- [ ] Control
- [ ] Fix
- [ ] Perform
- [ ] Please people
- [ ] Overthink
- [ ] Seek reassurance
- [ ] Overexplain
- [ ] Hide my needs
- [ ] Pretend I don’t care
- [ ] Find flaws
- [ ] End things prematurely
- [ ] Stay too long
- [ ] Ignore information
- [ ] Test someone’s interest
- [ ] Assume motives
- [ ] Demand certainty
- [ ] Overfunction
- [ ] Refuse help
- [ ] Shut down
- [ ] Become critical
- [ ] Build a case
- [ ] Shape shift
- [ ] Spiritualize
- [ ] Other:

REFLECT

The Behavior and Its Cost

Continue with counterfeit audit 1.

The behavior I most want to change:

What I get from this behavior in the short term:

What it costs me in the long term:

REFLECT

The Belief and Its Outcome

Continue with counterfeit audit 1.

The belief that fuels it:

The outcome it can help create:

How that outcome reinforces my original belief:

CONNECT

My Sabotage Loop

Complete the loop for counterfeit audit 1.

I believe:

So I become:

Then I:

Which can create:

And then I tell myself:

Which reinforces:

Bring this worksheet with you Thursday.

RECOGNIZE

Audit 2: What Do I Do?

My Counterfeit:

When this version of me takes over, I tend to:

- [ ] Chase
- [ ] Withdraw
- [ ] Control
- [ ] Fix
- [ ] Perform
- [ ] Please people
- [ ] Overthink
- [ ] Seek reassurance
- [ ] Overexplain
- [ ] Hide my needs
- [ ] Pretend I don’t care
- [ ] Find flaws
- [ ] End things prematurely
- [ ] Stay too long
- [ ] Ignore information
- [ ] Test someone’s interest
- [ ] Assume motives
- [ ] Demand certainty
- [ ] Overfunction
- [ ] Refuse help
- [ ] Shut down
- [ ] Become critical
- [ ] Build a case
- [ ] Shape shift
- [ ] Spiritualize
- [ ] Other:

REFLECT

The Behavior and Its Cost

Continue with counterfeit audit 2.

The behavior I most want to change:

What I get from this behavior in the short term:

What it costs me in the long term:

REFLECT

The Belief and Its Outcome

Continue with counterfeit audit 2.

The belief that fuels it:

The outcome it can help create:

How that outcome reinforces my original belief:

CONNECT

My Sabotage Loop

Complete the loop for counterfeit audit 2.

I believe:

So I become:

Then I:

Which can create:

And then I tell myself:

Which reinforces:

Bring this worksheet with you Thursday.

RECOGNIZE

Audit 3: What Do I Do?

My Counterfeit:

When this version of me takes over, I tend to:

- [ ] Chase
- [ ] Withdraw
- [ ] Control
- [ ] Fix
- [ ] Perform
- [ ] Please people
- [ ] Overthink
- [ ] Seek reassurance
- [ ] Overexplain
- [ ] Hide my needs
- [ ] Pretend I don’t care
- [ ] Find flaws
- [ ] End things prematurely
- [ ] Stay too long
- [ ] Ignore information
- [ ] Test someone’s interest
- [ ] Assume motives
- [ ] Demand certainty
- [ ] Overfunction
- [ ] Refuse help
- [ ] Shut down
- [ ] Become critical
- [ ] Build a case
- [ ] Shape shift
- [ ] Spiritualize
- [ ] Other:

REFLECT

The Behavior and Its Cost

Continue with counterfeit audit 3.

The behavior I most want to change:

What I get from this behavior in the short term:

What it costs me in the long term:

REFLECT

The Belief and Its Outcome

Continue with counterfeit audit 3.

The belief that fuels it:

The outcome it can help create:

How that outcome reinforces my original belief:

CONNECT

My Sabotage Loop

Complete the loop for counterfeit audit 3.

I believe:

So I become:

Then I:

Which can create:

And then I tell myself:

Which reinforces:

Bring this worksheet with you Thursday.