

JACKIE DORMAN • VIP COACHING

WORKSHEET 6 • WEEK 3

WHAT DO I REALLY BELIEVE?

Following My Behavior Back to the Belief That It Comes From

Complete this for three different patterns.

Use each numbered pattern section to follow your behavior back to the belief it comes from. Then look across your three answers.

NAME

DATE

TRACE

Pattern 1: Belief and Behavior

Complete these statements for one pattern.

What I SAY I believe:

But when I'm triggered, I tend to:

That behavior would make sense if I believed:

The counterfeit that usually shows up is:

NOTICE

Pattern 1: Protection and Cost

Continue with the same pattern from the previous page.

That version of me tends to:

What is that behavior trying to protect me from?

What does it cost me?

TRACE

Pattern 2: Belief and Behavior

Complete these statements for one pattern.

What I SAY I believe:

But when I'm triggered, I tend to:

That behavior would make sense if I believed:

The counterfeit that usually shows up is:

NOTICE

Pattern 2: Protection and Cost

Continue with the same pattern from the previous page.

That version of me tends to:

What is that behavior trying to protect me from?

What does it cost me?

TRACE

Pattern 3: Belief and Behavior

Complete these statements for one pattern.

What I SAY I believe:

But when I'm triggered, I tend to:

That behavior would make sense if I believed:

The counterfeit that usually shows up is:

NOTICE

Pattern 3: Protection and Cost

Continue with the same pattern from the previous page.

That version of me tends to:

What is that behavior trying to protect me from?

What does it cost me?

CONNECT

What Keeps Appearing?

Look across your three answers.

What belief keeps appearing?

What identity has developed around that belief?

What behaviors does that identity repeatedly produce?

REFLECT

What My Behavior Reveals

If I ignored everything I SAY I believe and looked only at my repeated behavior, what would I conclude that I believe about love, myself, other people or God?

