

JACKIE DORMAN • VIP COACHING

WORKSHEET 4 • WEEK 2

MEET YOUR COUNTERFEITS

Trauma doesn't create only one counterfeit. This is important.

You may have different protective versions of yourself depending on the threat.

You might become a Chaser when afraid of abandonment but a Prosecutor when someone gets too close.

Let's identify your cast of characters.

NAME

DATE

RECOGNIZE

Who Shows Up?

Check any versions of yourself you recognize.

☐**THE PERFORMER**

I become impressive, accomplished, attractive, helpful or “good enough” so I’ll be chosen.

☐**THE PEOPLE PLEASER**

I abandon what I want to keep connection.

☐**THE CONTROLLER**

I manage people, situations, communication or outcomes because uncertainty feels unsafe.

☐**THE DETECTIVE**

I analyze texts, tone, social media, motives, attachment styles and “signs” trying to discover what’s coming.

☐**THE PROSECUTOR**

I collect evidence against people. Once something feels off, I build the case.

☐**THE CHASER**

When connection feels threatened, I move toward harder.

☐**THE RUNNER**

When vulnerability increases, I find a reason to leave.

☐**THE FIXER**

I become indispensable by solving other people’s problems.

RECOGNIZE

Who Shows Up?

Continue checking any versions of yourself you recognize.

☐**THE CARETAKER**

I overgive, overfunction and take responsibility for other adults.

☐**THE SHAPE SHIFTER**

I become whatever I believe the person I want will want.

☐**THE COOL GIRL / COOL GUY**

I pretend not to care, need or want very much.

☐**THE LONE WOLF**

I don't need anybody. Depending on people feels dangerous.

☐**THE ACHIEVER**

I prove my worth through accomplishment, status, appearance or productivity.

☐**THE SPIRITUALIZER**

I use spiritual language, discernment, prayer or "God told me" when I may actually be afraid, uncertain or avoiding something.

☐**THE FANTASIZER**

I attach to potential and create the relationship in my imagination before reality has earned it.

☐**THE WALL**

I stay pleasant, functional and socially connected without letting anybody truly know me.

IDENTIFY

Your Three Most Familiar

Which THREE show up most often?

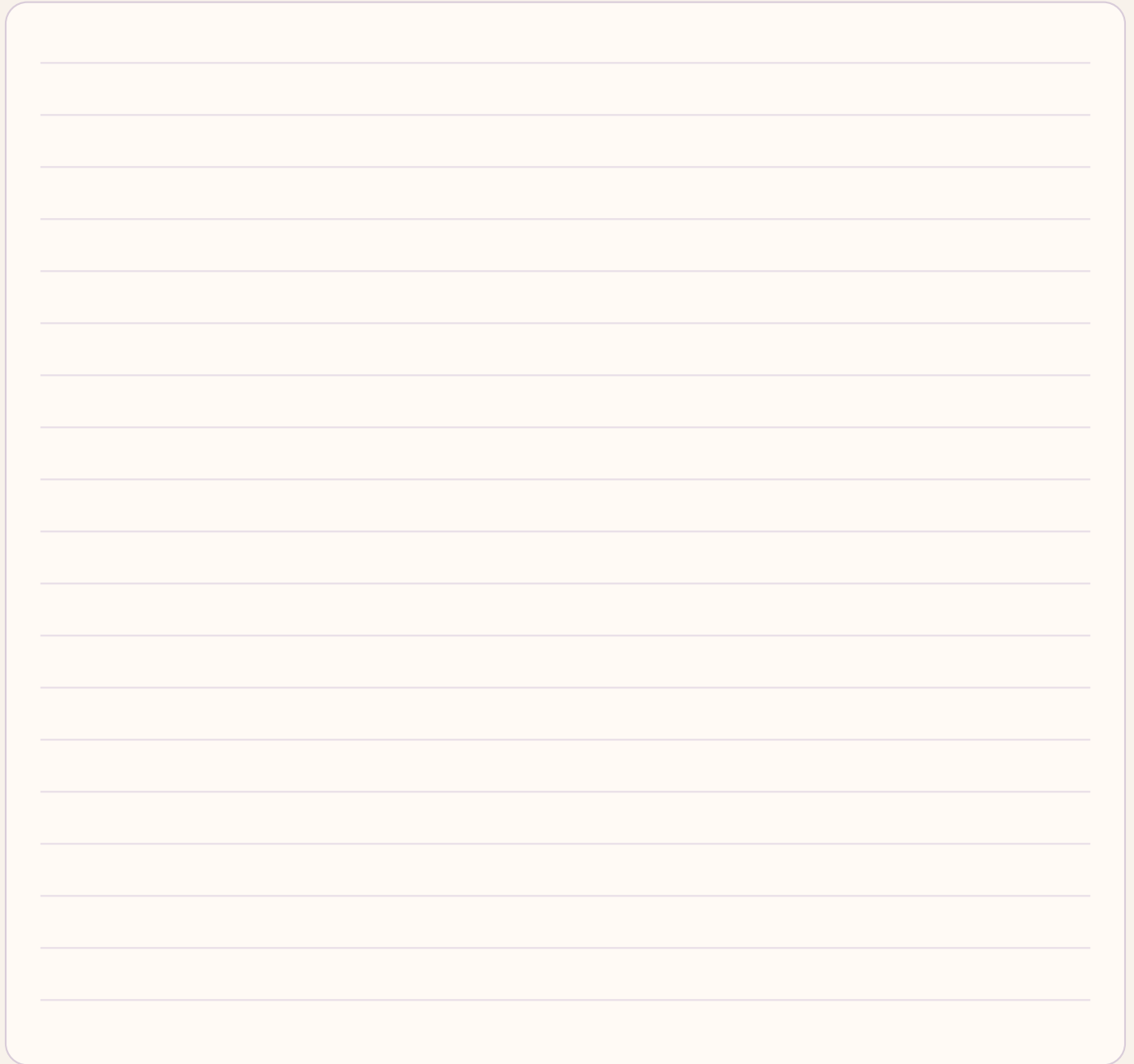
Counterfeit #1

Counterfeit #2

Counterfeit #3

What Has Held You Back?

Which one has held you back the most?



When Protection Gets Applause

This is an important question. Some counterfeits get applauded:

“He’s such a provider.”

“She’s always helping everyone.”

“He’s so discerning.”

"She's so accomplished."