

JACKIE DORMAN • VIP COACHING

WORKSHEET 5 • WEEK 2

WHERE DID THIS VERSION OF ME COME FROM?

You do not need a catastrophic childhood to have developed protective identities.

Trauma can include what happened to you, what didn't happen that you needed, what you repeatedly witnessed, what you learned you had to do to belong, and what your nervous system learned about relationships.

Do this worksheet with your primary counterfeit.

MY COUNTERFEIT

NAME

DATE

EXPLORE

What I Learned

Complete each statement with your primary counterfeit in mind.

Growing up, I learned that people are:

I learned that love is:

I learned that conflict means:

EXPLORE

What I Learned

Complete each statement with your primary counterfeit in mind.

I learned that needing people is:

I learned that being vulnerable is:

I learned that rejection means:

EXPLORE

What I Learned

Complete each statement with your primary counterfeit in mind.

I learned that being chosen means:

I learned that in order to be loved, I needed to:

I learned that in order to stay safe, I needed to:

The Origin

What happened or didn't happen that taught you this?

What did you need then that you didn't receive?

Who Did You Have to Become?

What did you have to become to be loved?

Check any that fit, then write your response below.

☐ Responsible?

☐ Invisible?

☐ Funny?

☐ Perfect?

☐ Easy?

☐ Successful?

☐ Useful?

☐ Spiritual?

☐ Independent?

☐ Beautiful?

☐ Needed?

☐ Tough?

☐ Quiet?

CONNECT

The Big Connection

Complete the sentence, then fill in what it helped you survive and what it may cost today.

COMPLETE THIS SENTENCE

“I became _____ because it helped me _____.”

Examples:

I became independent because it helped me avoid disappointment.

I became a performer because achievement got me attention.

I became easygoing because having needs caused conflict.

I became a caretaker because being useful gave me belonging.

I became a detective because knowing what was coming made me feel safe.

FILL IN THE BLANKS

“That version of me helped me survive _____. But today it may be costing me _____.”