JACKIE DORMAN • VIP COACHING INTENSIVE

WORKSHEET 8 • WEEK 4

RELATIONSHIP AUTOPSY

Different people. Different relationships. Same you.

This is not only a dating history exercise. We are looking across your significant relationships to discover how you tend to relate when closeness, need, disappointment, conflict, vulnerability, responsibility, or rejection enter the room.

Do the worksheets before Monday's teaching. Bring your observations, not a polished answer.

Last Year Single®

NAME

DATE

PREPARE

Before You Begin

Choose 3 to 5 relationships that give you enough history to observe yourself. They do not all need to be romantic. A relationship can be current or past, healthy or unhealthy, close or complicated.

- [ ] Romantic relationship / dating
- [ ] Situationship / almost relationship
- [ ] Close friendship
- [ ] Parent / sibling / family
- [ ] Work / ministry relationship
- [ ] Other significant relationship

Choose relationships that give you contrast

If possible, include more than one type of relationship and at least one relationship you believe has been healthy. We are not only looking for what went wrong. We also want to see where Healthy You already exists.

Ground Rules

• Tell the truth without turning the worksheet into a prosecution of yourself or the other person.

• Use actual behavior and specific examples whenever possible.

• Separate what belonged to you from what belonged to them.

• Do not force every relationship to fit the same pattern. Let the evidence show you what repeats.

• You do not need to disclose graphic trauma details. Focus on the relationship dynamics and your present day patterns.

REFLECT

The Relationship

Use a different significant relationship on each copy.

Person / initials:

Type of relationship:

Approximate season / length:

What initially drew me to this person?

REFLECT

Who I Became

Continue with relationship 1.

What role did I naturally take? (Examples: caretaker, fixer, performer, pursuer, peacemaker, authority, counselor, dependent, avoider, equal partner.)

What did I consistently give?

What did I comfortably receive?

What did I need but struggle to ask for?

What parts of myself did I freely show? What parts did I edit, hide, or suppress?

REFLECT

When Things Got Hard

Continue with relationship 1.

What happened when I felt disappointed, rejected, criticized, uncertain, or misunderstood?

What happened when this person was disappointed in me?

How did I handle conflict?

Did I tend to pursue, withdraw, fix, perform, control, accommodate, prosecute, disappear, overgive, shut down, spiritualize, or handle everything alone? Give an example.

REFLECT

Boundaries, Trust & Responsibility

Continue with relationship 1.

Where did I have healthy boundaries?

Where did I have walls, or too few boundaries?

What did I tolerate that I would handle differently now?

What did I try to change, manage, rescue, or control about the other person?

What did I take responsibility for that was not actually mine?

REFLECT

What the Relationship Shows Me

Continue with relationship 1.

Which counterfeit or overextended strength showed up, if any?

What was I afraid would happen if I were completely honest or fully myself?

How did the relationship change, distance, or end? If it is healthy or current, what has helped it remain healthy?

REFLECT

What the Relationship Shows Me

Continue with relationship 1.

What belonged to ME?

What belonged to THEM?

If I could replay one important moment as Healthy Me, what would I do differently?

REFLECT

The Relationship

Use a different significant relationship on each copy.

Person / initials:

Type of relationship:

Approximate season / length:

What initially drew me to this person?

REFLECT

Who I Became

Continue with relationship 2.

What role did I naturally take? (Examples: caretaker, fixer, performer, pursuer, peacemaker, authority, counselor, dependent, avoider, equal partner.)

What did I consistently give?

What did I comfortably receive?

What did I need but struggle to ask for?

What parts of myself did I freely show? What parts did I edit, hide, or suppress?

REFLECT

When Things Got Hard

Continue with relationship 2.

What happened when I felt disappointed, rejected, criticized, uncertain, or misunderstood?

What happened when this person was disappointed in me?

How did I handle conflict?

Did I tend to pursue, withdraw, fix, perform, control, accommodate, prosecute, disappear, overgive, shut down, spiritualize, or handle everything alone? Give an example.

REFLECT

Boundaries, Trust & Responsibility

Continue with relationship 2.

Where did I have healthy boundaries?

Where did I have walls, or too few boundaries?

What did I tolerate that I would handle differently now?

What did I try to change, manage, rescue, or control about the other person?

What did I take responsibility for that was not actually mine?

REFLECT

What the Relationship Shows Me

Continue with relationship 2.

Which counterfeit or overextended strength showed up, if any?

What was I afraid would happen if I were completely honest or fully myself?

How did the relationship change, distance, or end? If it is healthy or current, what has helped it remain healthy?

REFLECT

What the Relationship Shows Me

Continue with relationship 2.

What belonged to ME?

What belonged to THEM?

If I could replay one important moment as Healthy Me, what would I do differently?

REFLECT

The Relationship

Use a different significant relationship on each copy.

Person / initials:

Type of relationship:

Approximate season / length:

What initially drew me to this person?

REFLECT

Who I Became

Continue with relationship 3.

What role did I naturally take? (Examples: caretaker, fixer, performer, pursuer, peacemaker, authority, counselor, dependent, avoider, equal partner.)

What did I consistently give?

What did I comfortably receive?

What did I need but struggle to ask for?

What parts of myself did I freely show? What parts did I edit, hide, or suppress?

REFLECT

When Things Got Hard

Continue with relationship 3.

What happened when I felt disappointed, rejected, criticized, uncertain, or misunderstood?

What happened when this person was disappointed in me?

How did I handle conflict?

Did I tend to pursue, withdraw, fix, perform, control, accommodate, prosecute, disappear, overgive, shut down, spiritualize, or handle everything alone? Give an example.

REFLECT

Boundaries, Trust & Responsibility

Continue with relationship 3.

Where did I have healthy boundaries?

Where did I have walls, or too few boundaries?

What did I tolerate that I would handle differently now?

What did I try to change, manage, rescue, or control about the other person?

What did I take responsibility for that was not actually mine?

REFLECT

What the Relationship Shows Me

Continue with relationship 3.

Which counterfeit or overextended strength showed up, if any?

What was I afraid would happen if I were completely honest or fully myself?

How did the relationship change, distance, or end? If it is healthy or current, what has helped it remain healthy?

REFLECT

What the Relationship Shows Me

Continue with relationship 3.

What belonged to ME?

What belonged to THEM?

If I could replay one important moment as Healthy Me, what would I do differently?

REFLECT

The Relationship

Use a different significant relationship on each copy.

Person / initials:

Type of relationship:

Approximate season / length:

What initially drew me to this person?

REFLECT

Who I Became

Continue with relationship 4.

What role did I naturally take? (Examples: caretaker, fixer, performer, pursuer, peacemaker, authority, counselor, dependent, avoider, equal partner.)

What did I consistently give?

What did I comfortably receive?

What did I need but struggle to ask for?

What parts of myself did I freely show? What parts did I edit, hide, or suppress?

REFLECT

When Things Got Hard

Continue with relationship 4.

What happened when I felt disappointed, rejected, criticized, uncertain, or misunderstood?

What happened when this person was disappointed in me?

How did I handle conflict?

Did I tend to pursue, withdraw, fix, perform, control, accommodate, prosecute, disappear, overgive, shut down, spiritualize, or handle everything alone? Give an example.

REFLECT

Boundaries, Trust & Responsibility

Continue with relationship 4.

Where did I have healthy boundaries?

Where did I have walls, or too few boundaries?

What did I tolerate that I would handle differently now?

What did I try to change, manage, rescue, or control about the other person?

What did I take responsibility for that was not actually mine?

REFLECT

What the Relationship Shows Me

Continue with relationship 4.

Which counterfeit or overextended strength showed up, if any?

What was I afraid would happen if I were completely honest or fully myself?

How did the relationship change, distance, or end? If it is healthy or current, what has helped it remain healthy?

REFLECT

What the Relationship Shows Me

Continue with relationship 4.

What belonged to ME?

What belonged to THEM?

If I could replay one important moment as Healthy Me, what would I do differently?

REFLECT

Relationship 5: Optional

Use this page if a fifth relationship would add useful contrast.

Person / initials and type of relationship:

What role did I take?

What did I give? What did I receive?

How did I respond to disappointment, conflict, closeness, or uncertainty?

REFLECT

Relationship 5: Optional

Use this page if a fifth relationship would add useful contrast.

What did I need but struggle to ask for?

Which counterfeit or overextended strength showed up, if any?

What was mine? What was theirs?

What would Healthy Me have done differently?

REFLECT

Cross Relationship Autopsy

Now stop looking at the people individually and look for what travels with YOU. What keeps happening even though the person and the type of relationship change?

Roles I repeatedly take:

Needs I repeatedly struggle to express:

What I tend to do when I fear rejection, abandonment, conflict, disappointment, or loss of control:

REFLECT

Cross Relationship Autopsy

Look for what travels with YOU across your relationships.

What I repeatedly tolerate:

What I repeatedly try to fix, manage, control, or take responsibility for:

Ways I make myself smaller, different, easier, stronger, more useful, less needy, or less vulnerable:

REFLECT

Cross Relationship Autopsy

Look for what travels with YOU across your relationships.

Ways I tend to leave, detach, shut down, block, prosecute, chase, overgive, or stay too long:

Counterfeits / overextended strengths that appear in more than one relationship:

REFLECT

Where Healthy Me Already Exists

Look specifically at the healthiest relationships on your list. The goal is to identify relational skills you already possess, especially skills that may disappear when romantic stakes are higher.

Who am I when I feel safe with someone?

How do I communicate when I am not afraid of losing the relationship?

How do I give AND receive in healthy relationships?

REFLECT

Where Healthy Me Already Exists

Continue reflecting on your healthiest relationships.

How do I handle disagreement or disappointment when I feel secure?

What does this person do that makes the relationship feel safe, reciprocal, and honest?

What healthy relational skills do I already know how to practice?

REFLECT

Where Healthy Me Already Exists

Continue reflecting on your healthiest relationships.

Which of these skills do I want to intentionally carry into dating / romance?

REFLECT

My Relationship Pattern

Do not force a conclusion. Use the evidence from your worksheets. You may find one strong pattern, several smaller patterns, or different patterns in different contexts.

The strongest repeating pattern I see is:

The situations that tend to activate this pattern are:

When that happens, I tend to:

REFLECT

My Relationship Pattern

Use the evidence from your relationship reviews.

What I may be trying to protect myself from:

The belief underneath this pattern may be:

The cost of this pattern has been:

REFLECT

My Pattern Statement

Complete the statement from your relationship reviews.

When:

I tend to:

Because somewhere underneath it I may believe:

A healthier response I want to practice is:

PREPARE

Bring This to Monday

You do not need to have yourself completely figured out before the teaching. Come with the worksheets completed as honestly as you can. Monday will give you more language for what you are seeing and help you understand why this exercise matters.

- [ ] My 3 to 5 completed relationship reviews
- [ ] The strongest patterns I noticed
- [ ] One place where Healthy Me already exists
- [ ] One pattern I am unsure how to interpret

Bring This to Thursday Coaching + Q&A

Come ready to complete this sentence:

“I looked across my relationships, and the pattern I think I found is…”

Thursday is where we will coach the pattern, challenge it, refine it, separate what is yours from what is not, and identify what choosing differently looks like in real life.

Final Reminder

This is not an exercise in blaming yourself for every relationship that hurt you. Some people behaved badly. Some relationships were unhealthy. Some simply were not compatible. The goal is to identify what belongs to you so you can change what is yours to change.