



# The Hero Complex Worksheet

Unmasking the '*Only I Can Save Them*' Trap

## Audit - Reflect - Rebuild

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A self-reflection guide for overwhelmed rescuers



This worksheet is here to help you explore the hidden habits and emotional patterns behind the 'rescuer identity.' Use it as a judgment-free space to reflect, gain clarity, and imagine a more sustainable path forward.



List everything you do on a weekly basis

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Monthly Tasks / Occasional:

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**What are the things that only I do?:**

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**What could someone else do with training or trust?:**

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## Where Am I Holding Too Much?



**Why this matters:** Awareness is the first step toward shifting from control to collaboration.

### Where do I hesitate to let go or ask for help?

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### What do I fear will happen if I delegate?

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### What deeper story am I telling myself?

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## Find a Mirror

**Why this matters: Mirrors (safe people) help us reflect, reset, and realign.**

**Who can lovingly reflect back my patterns and strengths?**

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**What support or accountability would help me most right now?**

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## Final Reflection

**What did I learn about myself through this worksheet?**

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## Reminder

'You are not failing because you need help. You are building something that lasts -  
and no one builds alone.'

You're not alone.

Visit [PandorasHope.org](http://PandorasHope.org) to connect with others redefining sustainable, emotionally wiser, rescue leadership



## What's Driving Me?

### Emotional Values Check-In

**Why this matters:** Understanding the values underneath your overcommitment helps shift from reactivity to alignment.

### What emotional values are influencing my choices right now?

(e.g., compassion, loyalty, justice, responsibility)

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### Are these values guiding me, or driving me into exhaustion?

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### What would it look like to honor these values without overextending?

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