



The Hero Complex Worksheet

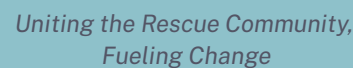
Unmasking the '*Only I Can Save Them*' Trap

Audit - Reflect - Rebuild

A self-reflection guide for overwhelmed rescuers



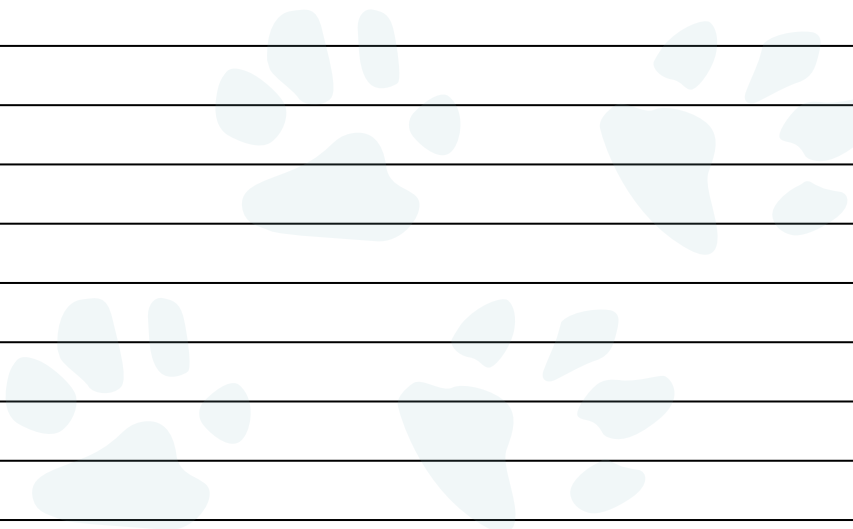
This worksheet is here to help you explore the hidden habits and emotional patterns behind the 'rescuer identity.' Use it as a judgment-free space to reflect, gain clarity, and imagine a more sustainable path forward.



List everything you do in a typical day

[illegible]

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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- ☐ _____
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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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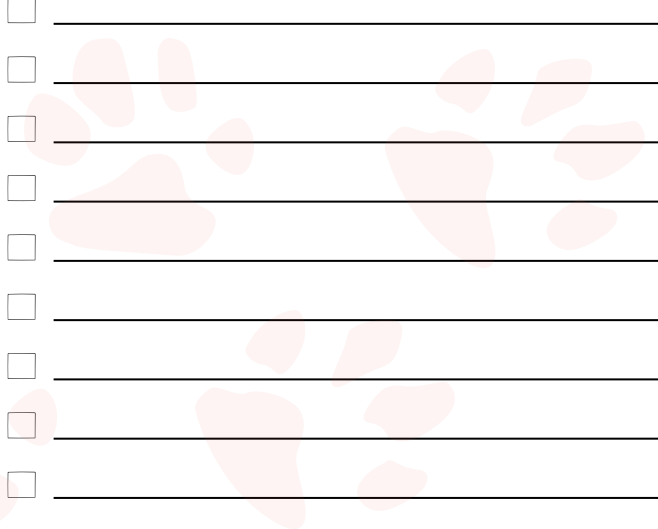


[illegible]

Try a Safe Experiment

Why this matters: Practicing small shifts rewires our trust in others and ourselves.

What task did I delegate?:



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What did I learn about myself?



What went better than expected?

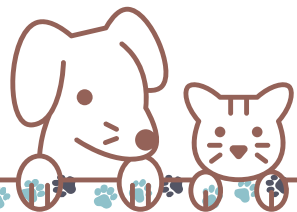
Take a Sacred Pause

Why this matters: Rescue isn't sustainable without rest. Stillness restores your capacity to care.

When will I take a pause this week? (Date & time): _____

What will I do to nourish myself? _____

*The cape is heavy.
And you are allowed to set it down.*



Find a Mirror

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

Who can lovingly reflect back my patterns and strengths?

What support or accountability would help me most right now?

Final Reflection

What did I learn about myself through this worksheet?

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](https://www.pandorashope.org) to connect with others redefining sustainable, emotionally wiser, rescue leadership



What's Driving Me?

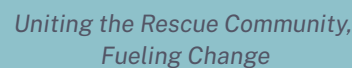
Emotional Values Check-In

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)

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

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



This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

