

# MIRROR WORK ACTIVITY

This mirror work activity will increase self-awareness and promote personal growth.

## LOOKING IN THE MIRROR, STATE TO YOURSELF:

“I love you.”

“I’m sorry.”

“Forgive me.”

“Thank you.”

While looking at yourself in the mirror and stating these things, pay attention to your non-verbal body language, the tone and speed of your voice, and the thoughts and emotions that arise.

What comes up?

Did you just go through the motions?

Did you experience any powerful emotions?

Were your thoughts negative or positive?

Was your body physically uncomfortable?

Did you speak quickly?

Did you dissociate?

Do you feel valued?

You may want to jot down notes in a journal to have a record.

