

## **The Mirror of the Moment:**

This mirror can reveal your state of mind, your values, or how you perceive situations by reflecting it back to you through the actions and behaviors of others; with or toward you.

Keep in mind that the behavior and actions of others are not always a reflection of YOU but can reveal a pattern of behavior.

In doing these workbook exercises, be open and honest with yourself. You may feel like you are dissecting your relationships and that may feel uncomfortable. That's okay. Just focus on the things that pop up first and foremost in your mind.

If nothing comes up, or too many things come up. It's helpful to identify a pattern. This is where keeping a log or journal is quite helpful. (see page 2)

### **Exercise**

1. Think about the relationships you have in your life and the actions of those people that affect you. Maybe a relationship that has become problematic or "strained". Or that person has done something that commanded your attention.

What behaviors or actions do they exhibit that 'push your buttons' or seem problematic?

2. Ask yourself if any of these behaviors or traits are present in you right now.

Examples:

If they have done something that is dishonest or considered unethical. Ask yourself: "Am I being dishonest or unethical"?

If they are being disrespectful toward you. Ask yourself: "Am I disrespectful toward others"?

3. Were any of these traits/behaviors something you used to have or exhibit?

4. What might these relationships be attempting to reveal for you?

(Are they showing me 'me in the moment?')

5. If none of these relationships mirrors who/what you are in the moment, then this may be the Mirror of Judgment - move on to Lesson 2

