

WORKSHEET MIRROR WORK



Do you look at your reflection with hatred? Or maybe you rarely, if ever look in a mirror. You need that to change. Your body does so much for you, and it deserves respect. And part of that means the ability to look at it with complete neutrality. Your body is not good or bad, it just is.

You may discover this neutrality through desensitising yourself to your appearance. Almost like getting over a fear of spiders by holding a tarantula. This is what this exercise will help you to do.

- **Get yourself a full length mirror and find a quiet 5 mins where you won't be disturbed.**
- **This works better if you are totally naked, but you may wish to start off slower and keep all or some of your clothes on. Be gentle with yourself.**
- **Sit and just look. Really look at your body. Investigate it with all the curiosity of a 3-year-old discovering their own body.**
- **If any negative thoughts drift into your head, thank them but tell them gently to "fuck off". Your thoughts aren't real. They're your Animal Brain trying to protect you - they keep you alive but they don't care about your feelings.**
- **Give yourself a poke and a prod. Remind yourself what you feel like. Rediscover your soft bits and squishy bits, and consciously remember that none of it is bad. It just is.**
- **Are there any bits of you that you like? Or at least don't mind? Tell yourself. Thank your body for everything it has done for you and for all the experiences it has allowed you, and will continue to allow you to do.**
- **Allow whatever feelings or emotions happen that come to you. Don't hide anything. If you need to cry or get angry or whatever for 5mins, then do it. Feeling the feels is vital in any self development work.**

This is likely to feel really strange to begin with. But like holding a tarantula, you're going to have to give it some time and do it often. Make it precious *you* time. Draw a bath for when your 5 minutes is up, grab yourself a glass or two of wine while your doing the exercise... whatever. Make it fit you and your personality. And don't forget, if this isn't for you, put it down.