

Mirrors and Photos

Looks at what mirrors and photos do to your day, and what a lighter version might be.

WHEN TO USE THIS

Use this after a day where the mirror or a photo threw you off.

What do you tend to do with mirrors?

- ☐ Check again and again
- ☐ Stay away from them
- ☐ Only look at one part of me
- ☐ One look before I go out
- ☐ It depends on the day
- ☐ Cover them or turn away
- ☐ Look for what has changed
- ☐ Something else

What happens in the minutes after you look?

And photos? What do you do when one turns up of you?

What would a lighter version of this look like tomorrow?

One look instead of five. Leaving the photo up. Walking past.

A mirror shows a shape, not a verdict. What it tells you changes with your mood.