

# The Mirror in the Morning

For the running commentary that starts as soon as you catch your own face.

## WHEN TO USE THIS

Use this after a morning that started with picking yourself apart.

What did you say to yourself in the mirror this morning?

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What does the commentary usually come down to?

- ☐ My face
- ☐ My body
- ☐ Looking tired or older
- ☐ Not looking put together
- ☐ Something someone once said
- ☐ It is not about looks at all

Would you say any of it out loud to someone else? Which parts?

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What is one plain thing you could say instead? Not a compliment. Plain.

*That is my face. I am here. Good morning.*

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*You do not have to love the mirror to stop fighting with it.*