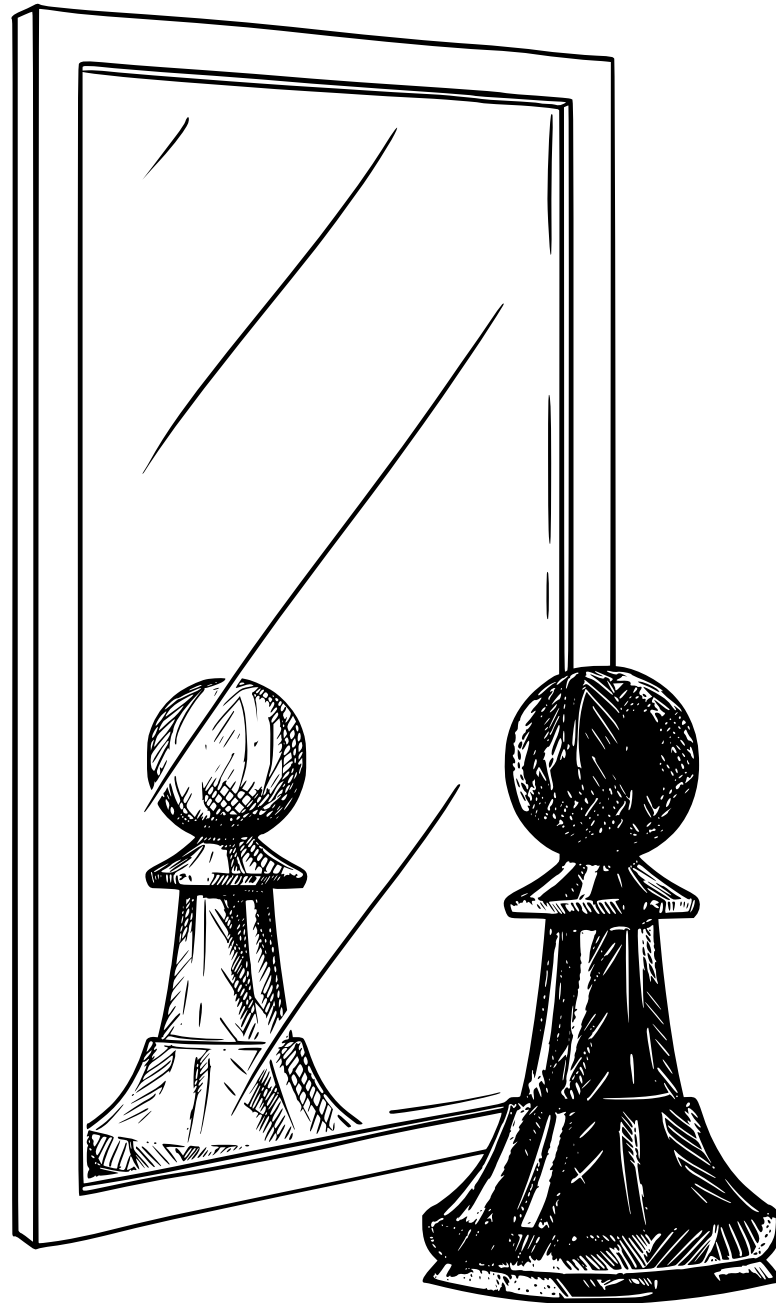


# Mirror Dialogue



Integrate your cognitive knowledge with  
your emotional feeling

# Mirror Dialogue

1. Begin with a pause.

Take a slow breath and notice how you feel right now; not what you should feel, but what is present.

2. Look at both sides of the page.

On the left, explore what is visible:

what you show, what you express, how you appear.

On the right, explore what is internal:

what you feel, what you need, what remains unspoken.

3. Write honestly, without pressure.

You can answer the suggested pairs, or create your own.

4. Notice differences and connections.

Where do the two sides match?

Where do they pull apart?

What wants to be acknowledged?

5. Close with one small insight.

Write one sentence that feels true in this moment, a need, a clarity, a boundary, or a wish.

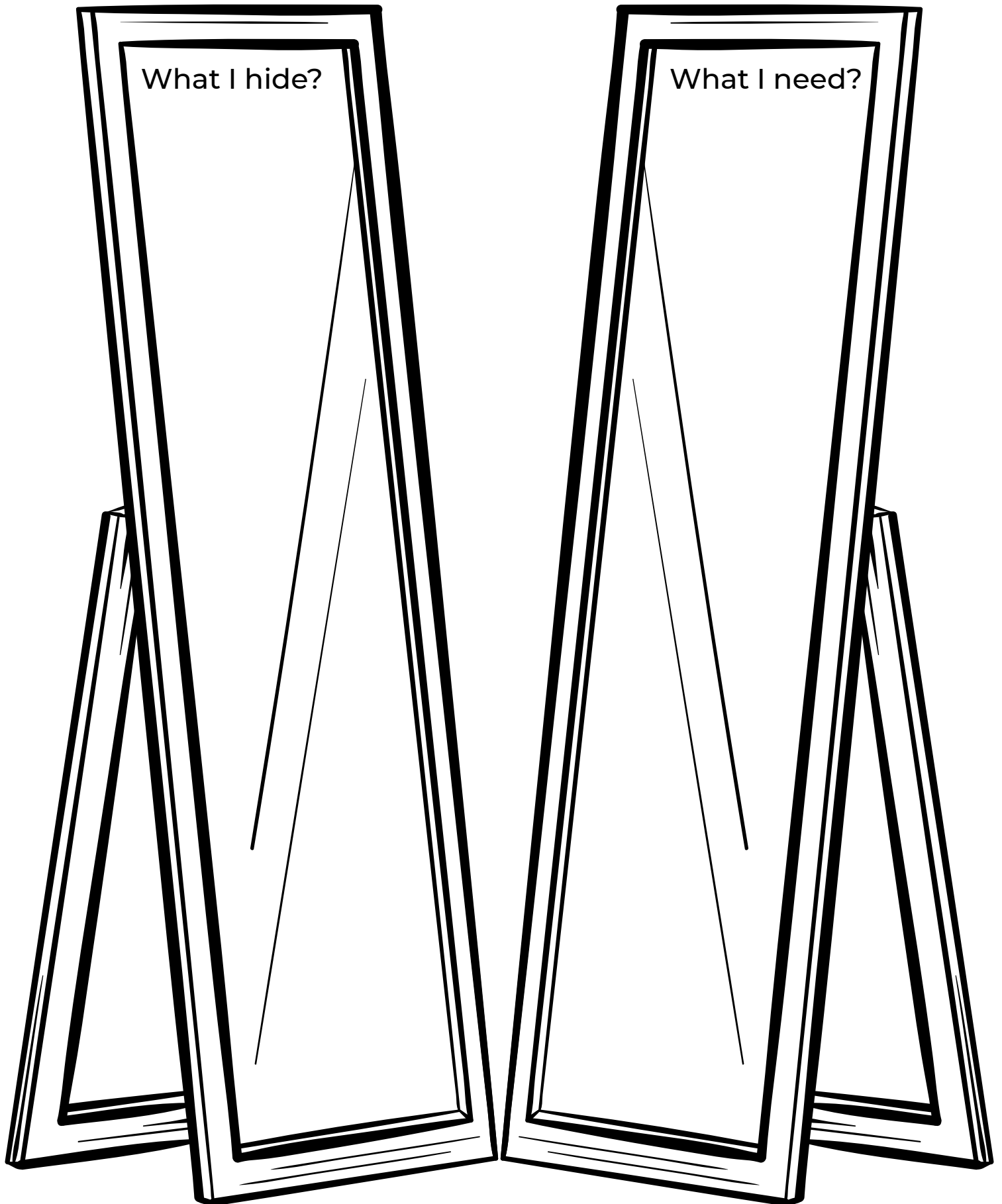
Use the Mirror Dialogue whenever you feel misunderstood, conflicted, divided, or simply curious about your inner world.

## *Mirror Dialogue*

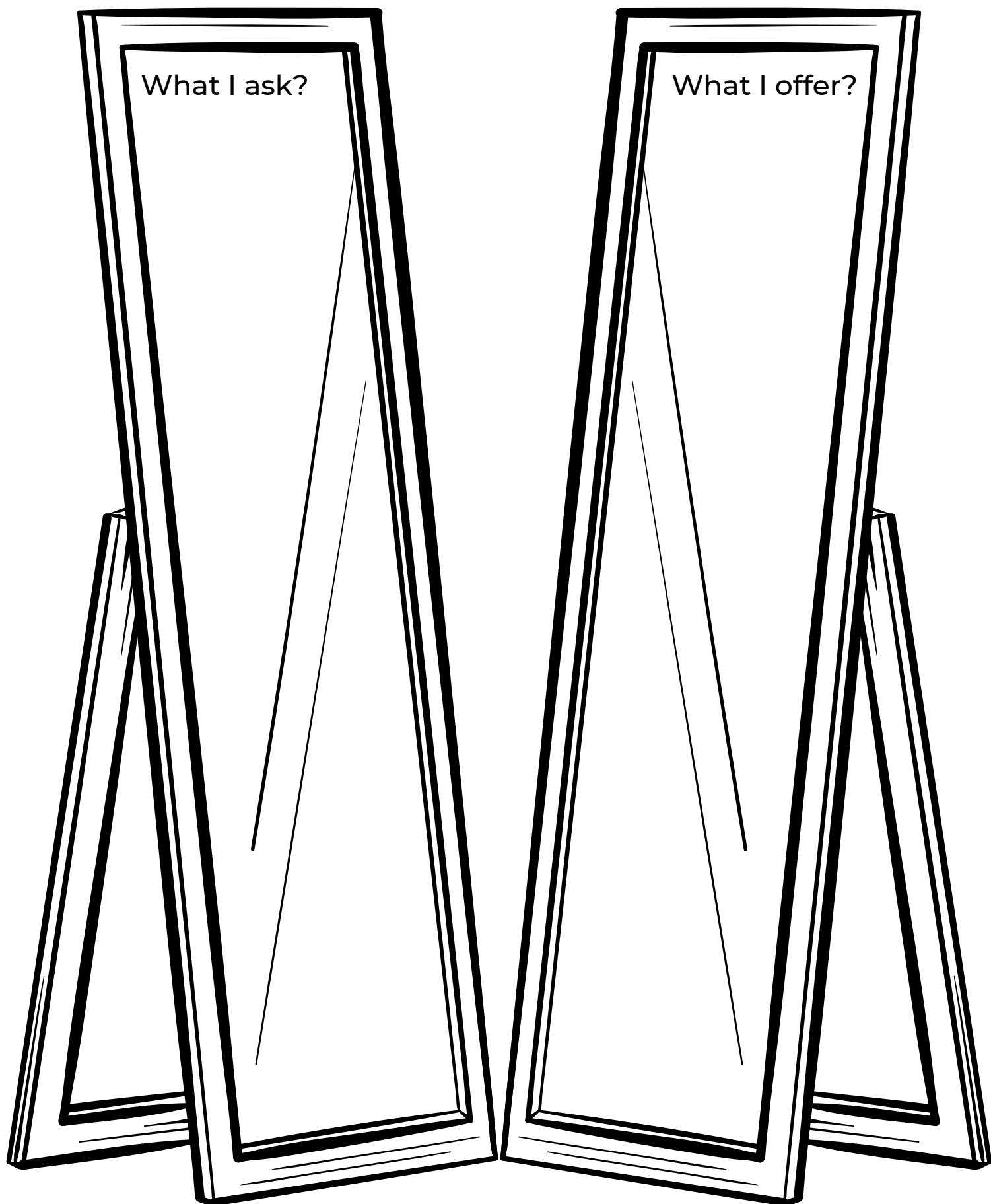
What I see?

What I feel?

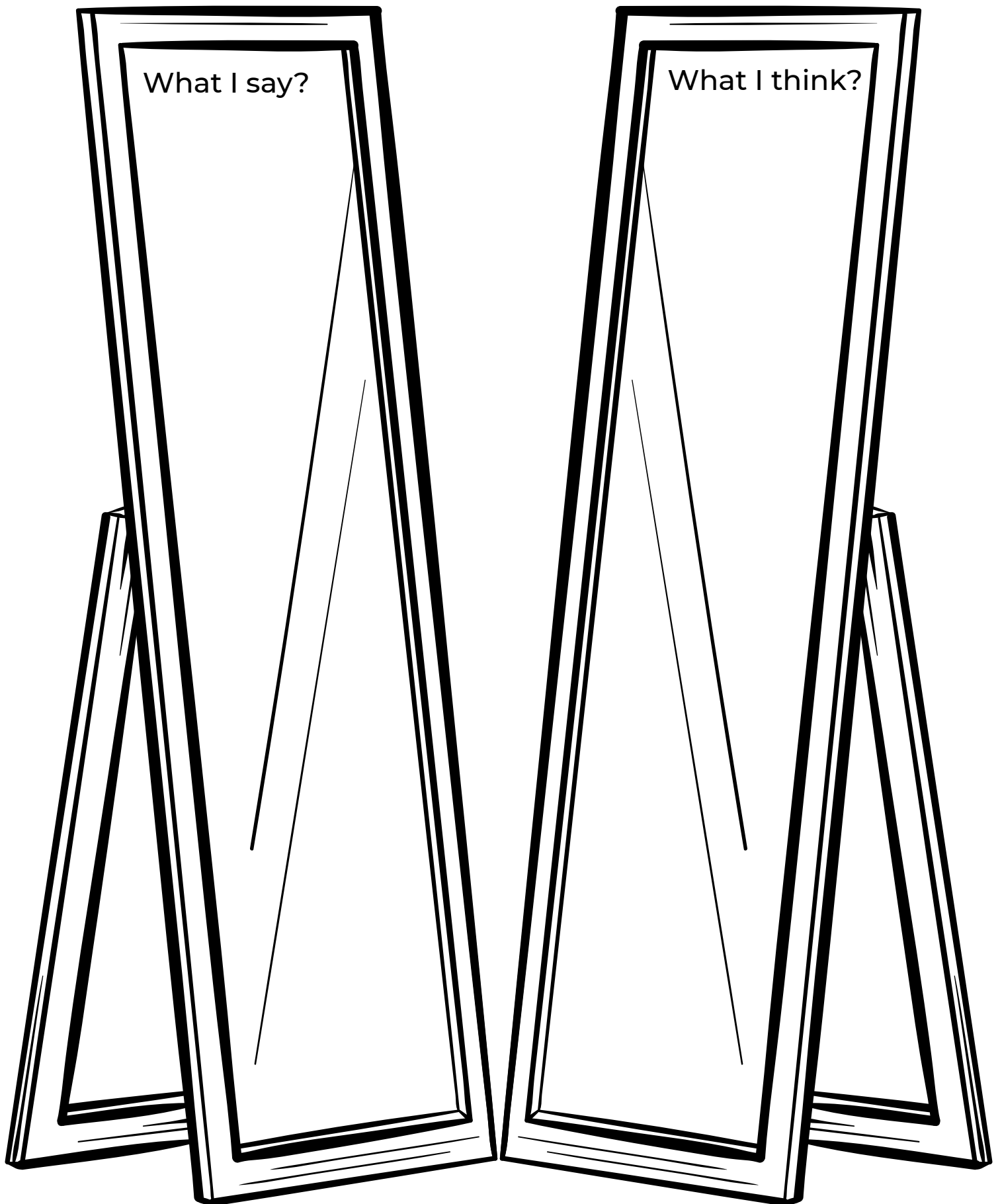
## *Mirror Dialogue*



## *Mirror Dialogue*



## *Mirror Dialogue*



## *Mirror Dialogue*

