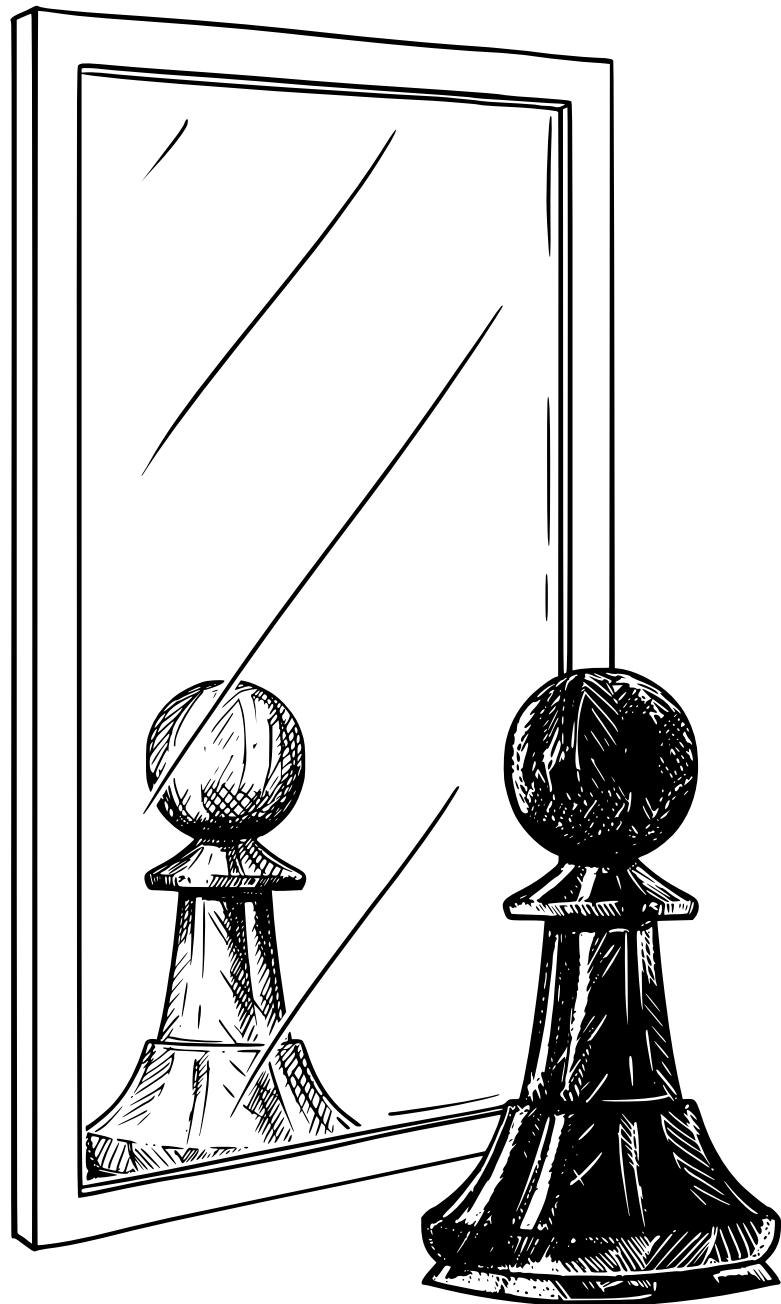


# Mirror Dialogue



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.

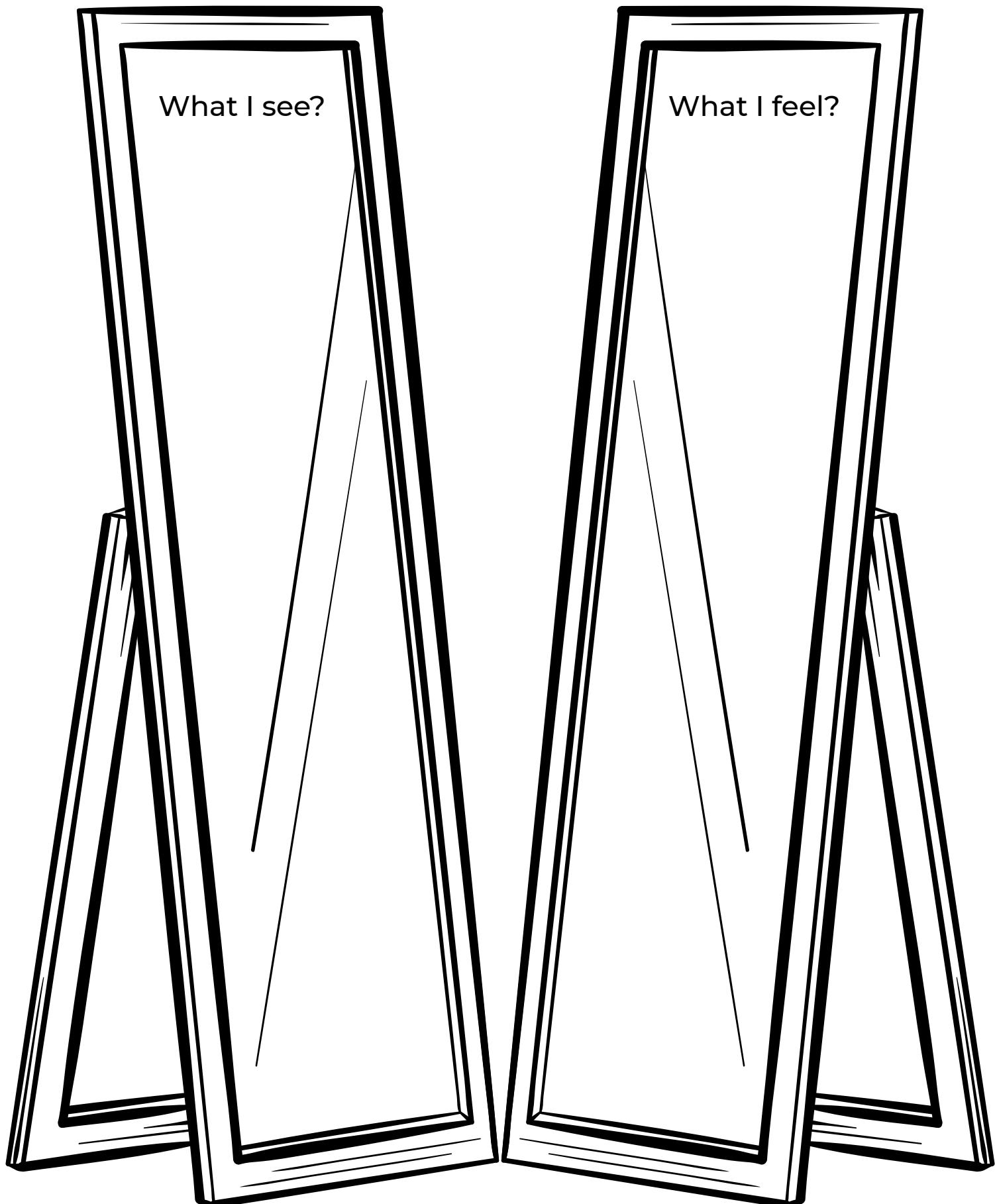
Where do the two sides match?  
Where do they pull apart?  
What wants to be acknowledged?

## 5. Close with one small insight.

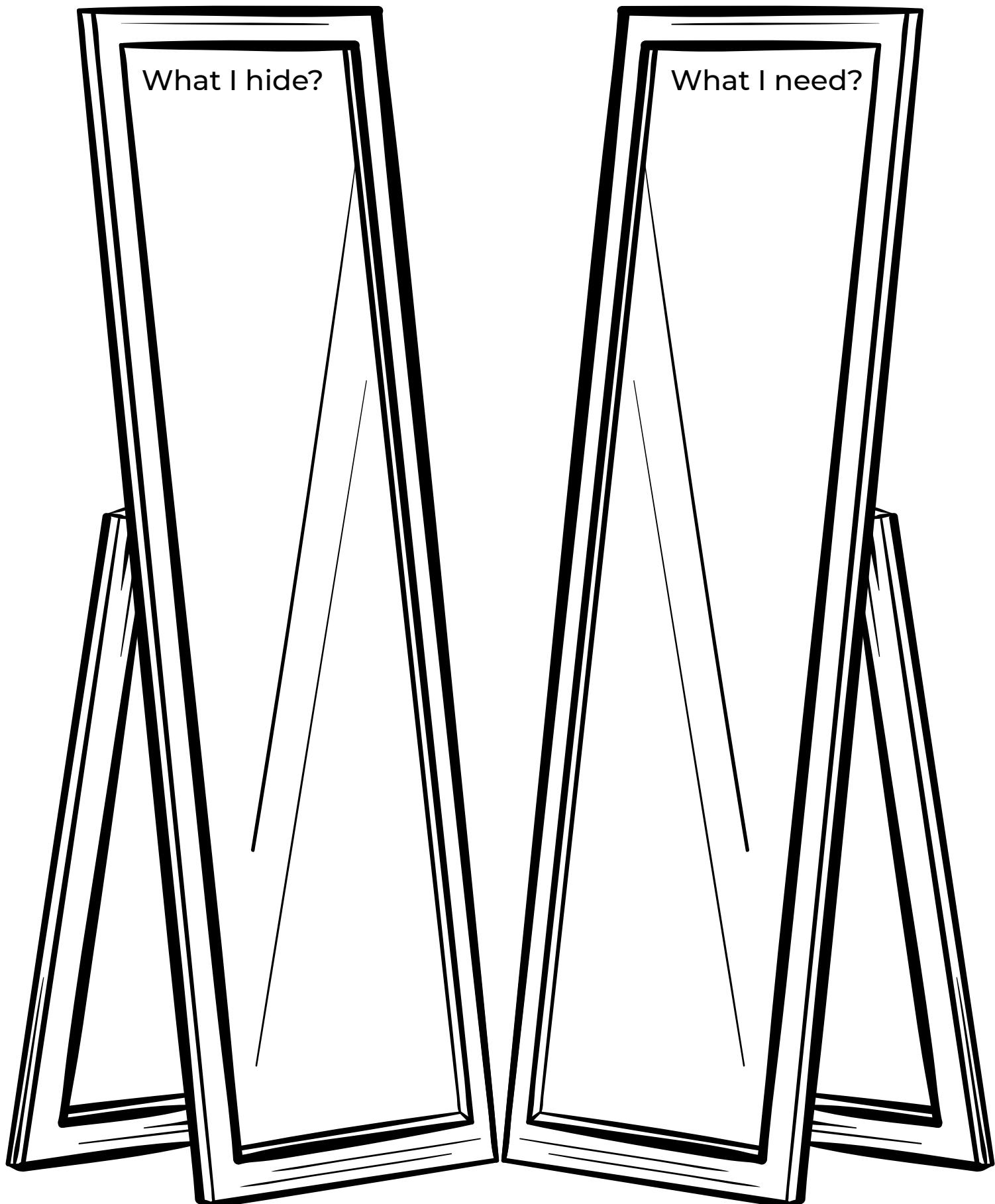
Write one sentence that feels true in this moment, a need, a clarity, a boundary, or a wish.

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

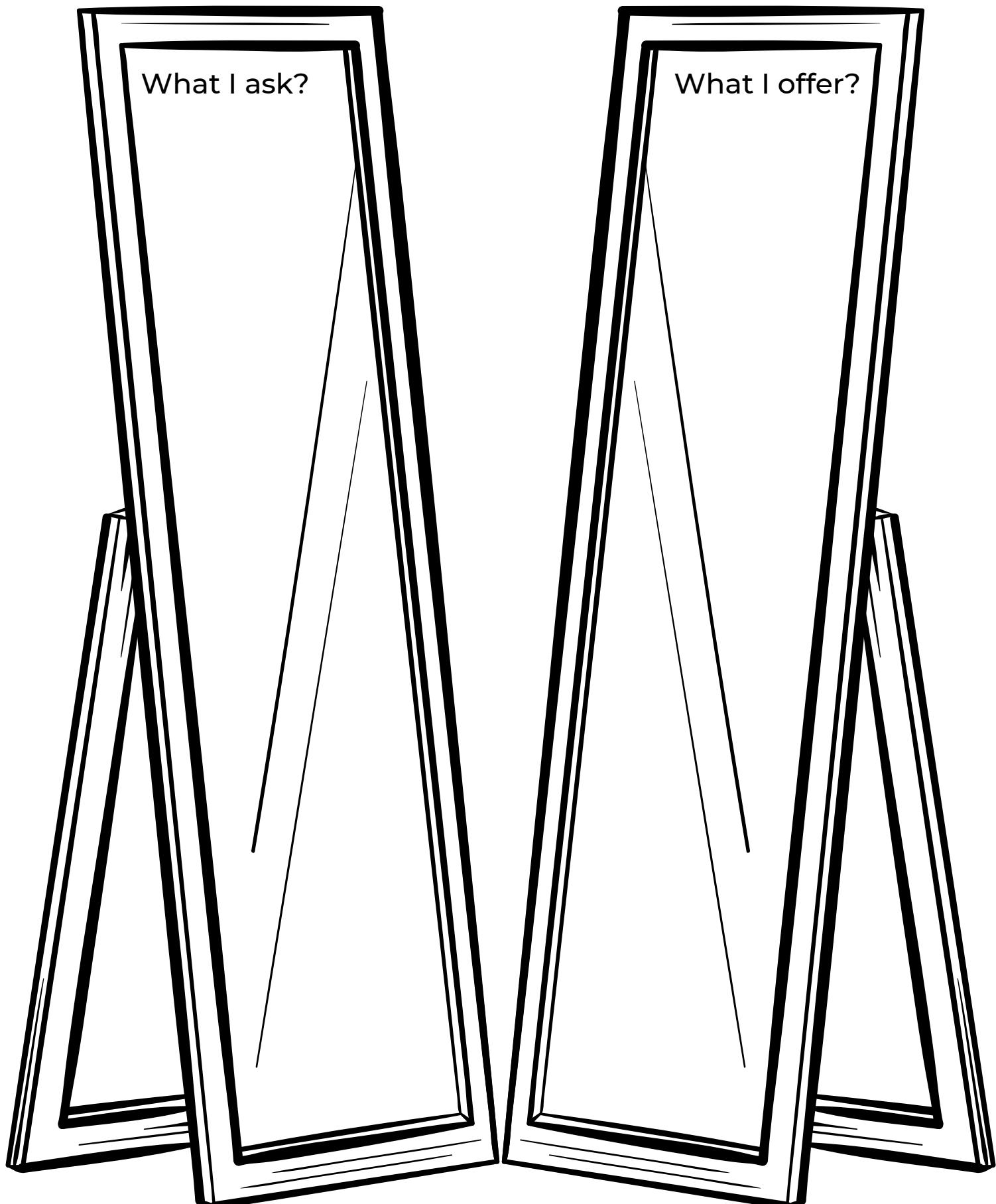
## *Mirror Dialogue*



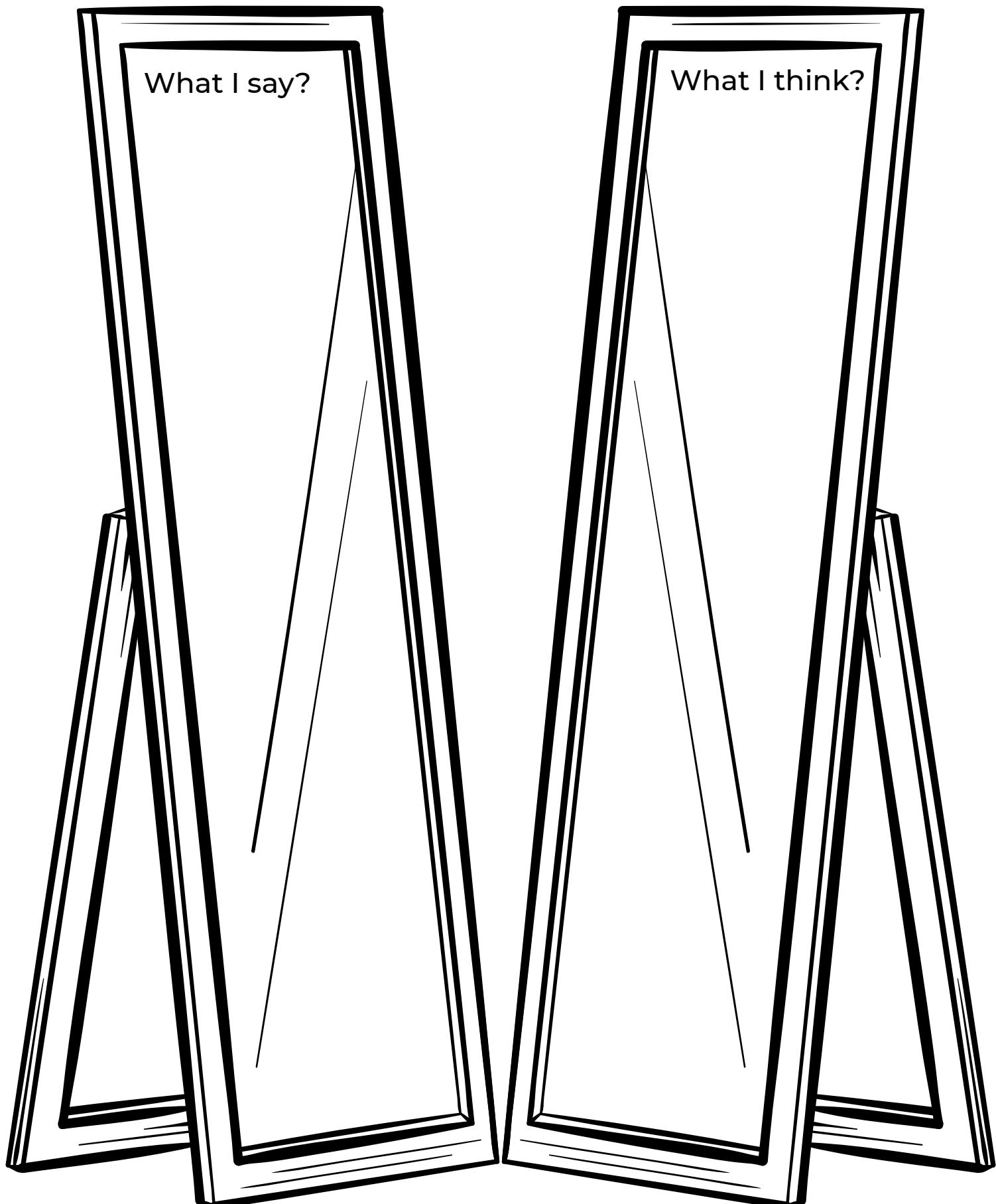
## *Mirror Dialogue*



## *Mirror Dialogue*



## *Mirror Dialogue*



# *Mirror Dialogue*

