Trauma Research UK

THE MIRROR METHOD

The Mirror Method is a simple yet powerful exercise that encourages self-reflection and self-compassion. By looking at yourself and answering these guided questions, you can begin to challenge negative self-talk and see yourself through the eyes of those who love you. This practice helps build self-esteem, develop emotional insight and shift how you view yourself with more kindness and understanding.

Step 1: Look into a mirror.
Take a deep breath in through your nose. Relax your shoulders as you sigh out. Take a moment to look at yourself. Then answer:
What do you see? How would you describe yourself right now?
(Write down your first thoughts and be honest.)

Step 2: Think of someone who loves you unconditionally.
This could be a partner, child, parent, grandparent, friend or even a pet.
What do they love about you?
(Think of qualities they've mentioned, or the way they act around you.)

Step 3: What compliments do they give you?
(Kind words, appreciation, things they say often.)

Do you believe these kind words?
□ **Yes** □ **No** □ **Sometimes**

If you believe them, how does that feel?

If you're unsure or don't believe them yet, what might help you start to?

Step 4: Write one kind thing about yourself to finish:

You deserve to hear kind words, **especially from yourself.**
It's okay if you don't believe the good things **yet**. Just keep practising.