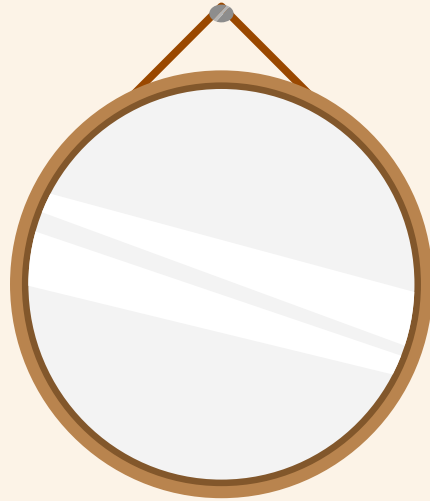


# ✨ Mirror Work ✨

The primary purpose of mirror work is to develop self-love, self-care, and a more meaningful relationship with others.

Talking positively to yourself can be uplifting and self-empowering.

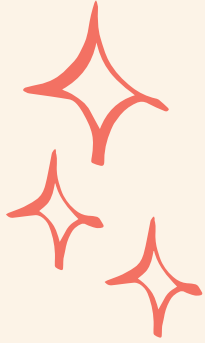


The main benefit of talking to yourself positively is that it can help reduce stress.

## ✨ How to do Mirror Work ✨



# Self-Talk & Why it matters



**Self-talk are the unspoken thoughts that run through our heads. These thoughts can be healthy or unhealthy.**



When we experience uncomfortable or strong emotions, our self-talk can sometimes become harmful. *"How could I be so dumb? What is wrong with me?"*

Instead of letting negative thoughts run unchecked, we can take control of our inner conversation by looking critically at what we are saying to ourselves. Just like there are things we say or think to ourselves about a situation that can make us feel worse, there are things we can say or think that can help us calm down.

**We call these things healthy self-talk.**

## Healthy Self Talk sounds like:



I will learn from this.



Next time, I will make sure to ask for help when I need it.



I can't control bad things from happening, but I can control how I take care of myself.



I am growing at my own pace.

## Unhealthy Self Talk sounds like:



I'm a failure.



Things will never get better for me.



Bad things are always happening to me. I must be a bad person.



I am so behind everyone else.