

The Mirror of Others

Every relationship begins with the one you have with yourself. How well you know yourself, and how much you let others know you, shapes how deeply you can connect. This step helps you see yourself more clearly, including the parts others notice that you may not.

The window with four panes

Open

What you know about yourself, and others see too.

Hidden

What you know, but keep from others: fears, dreams, tender places.

Blind spot

What others see in you, but you don't: a habit, a strength, your effect on people.

Unknown

What neither you nor others have discovered yet.

The more open your window, the more honest and close your relationships can be. You open it in two ways: by **sharing** a little more of yourself, and by **asking** others how they see you, with an open heart.

Ask only people you trust, and receive their words without arguing or explaining. Simply say thank you, and reflect later.

Your practice this week

- Listen to the Step 1 guided audio once a day.
- Choose three words that describe you.
- Ask three trusted people to describe you in three words each.
- Share one small, true thing about yourself with someone close.
- Fill in the window on the next page.

STEP 1 WORKSHEET

How I see myself, and how others see me

Who	Their three words	What surprised me
Me		
Person 1:		
Person 2:		
Person 3:		

My window

Open: words both I and others used	Blind spot: words others used, but I didn't
Hidden: what I know but rarely show	What I shared this week, and with whom

End-of-week reflection

1. What did others see in you that you hadn't noticed?

2. How did it feel to ask, and to receive their words?

3. What happened when you shared something true about yourself?

4. Which relationship would benefit most from a more open window?

5. One sentence on what you are taking into Step 2

Next: Step 2 · Truly hearing · Deep Listening.