



THE DREADED MIRROR CYCLE

DAILY MIRROR CYCLE

This diagram shows the typical dreaded mirror cycle that a lot of people go through day in and day out. It's not a fun cycle. In fact it's terrible and leaves you feeling terrible and yet so many of us repeat this same cycle again and again and again. Are you ready to stop? Are you ready to find peace, acceptance and a way out? Go to diagram two

THE MIRROR

You're getting ready and you HAVE to look in the mirror. A portion of you REALLY HOPES that something has magically changed.

YOUR EYES MEET

Reaction. Ugh. AH. That CAN'T be accurate.

ANALYZE AND INTERPRET WHAT YOU'RE SEEING

Time to point out EVERY SINGLE perceived flaw.

GUILT, SHAME

You stand there with a grimace on your face, new pain in your body, and shame because you don't like how you look and you should be better.

FEEL CRUMMY

You decide to walk away but now you feel terrible. You shake your head and the stream of inner chatter has just begun it's daily job of reminding you how you aren't what you want to be.

the catalyst coach

HANNAH COLES - LDS LIFE COACH



THE NEUTRAL MIRROR CYCLE

DAILY MIRROR CYCLE

This diagram shows the Neutral Mirror Cycle. This is just getting yourself OUT OF THE DARK. It's not happy town by any means yet but just out of the dark. Seeds of acceptance, hope, and peace are being sowed here. Stay here as long as you need to just don't allow yourself to speak negatively to you. You deserve more. When you're ready for positive change go to diagram three

THE MIRROR

You're getting ready and you HAVE to look in the mirror. Ready to break the dreaded cycle you prepare ahead of time. I'm not going to allow myself to speak negatively.

YOUR EYES MEET

My mind really wants to fire some of the regular negative things at me but I'm not going to. I refuse to react.



REPLACE THE NEGATIVE

I won't say anything negative so I'm going to say something neutral instead. I'm a human being. I have two eyes and a nose.



FEEL NEUTRAL

You're not on cloud nine by any means but you're no feeling TERRIBLE either. This is neutral. This is the beginning of peace and acceptance. Progress.



FEEL CRUMMY

The negative self talk gets weaker. It's not being practiced. Neutral thoughts can stem to positive thoughts. I'm beginning to feel the light.



theCatalystCoach

HANNAH COLES - LDS LIFE COACH



THE POSITIVE MIRROR CYCLE

DAILY MIRROR CYCLE

This diagram shows the Positive Mirror Cycle. You've made a habit of learning how to be kind to yourself, or at least not negative with yourself. Now you can trust that you're not going to speak ill of you. There's a new bond formed, one of compassion, love, and acceptance. You feel grateful for your uniqueness. You don't feel the need to compare because you recognize your divine potential. You see yourself as a daughter of God who created you and does not make mistakes. Each time you see yourself is a new opportunity to share love with yourself.

the catalyst coach

HANNAH COLES - LDS LIFE COACH

THE MIRROR

You're getting ready and you HAVE to look in the mirror. You have no resistance to this because you trust that you're going to be kind to yourself always.

YOUR EYES MEET

My hair is awesome today. I didn't even know it was possible for my hair to stand straight up on end. As fascinating as this is I better tone it down.



GRATITUDE

I'm so grateful I have my sight. I'm grateful I have a body capable of carrying me through the day.



FEEL JOYFUL

You recognize you're a daughter of God. You have a beautifully unique body that is one of a kind. You respect, love, and appreciate your mortal body.



POSITIVITY ALL DAY

This positive feeling stays with you throughout the day. No matter what happens you've got your own back and know that you're important, that you have value, and so much to offer the world.



NEGATIVE SELF TALK

NEUTRAL SELF TALK

POSITIVE SELF TALK



BREAK THE CYCLE

LEARN TO SPEAK KINDLY TO YOURSELF AND MAKE PEACE WITH THE MIRROR

Breaking the cycle of negative self talk is not an easy feat but it IS worth it and it CAN be done. It STARTS with your thoughts, by what you feed your mind. Write out your negative thoughts. Don't judge them just write them. See if you can create a factual, neutral thought to replace the negative with. Then try to take it one step further (when you're ready) and create a positive thought. I don't recommend doing this all at once as your brain might want to argue with you. For now just go from negative to neutral. Then after you trust yourself to stay in neutrality you can add positive thoughts there too.