



Help Others

Emphasize Strengths

Build Self Image



Self Confidence

Take Risks

Achieve Goal

# The Mirror Within

## ***The Model***



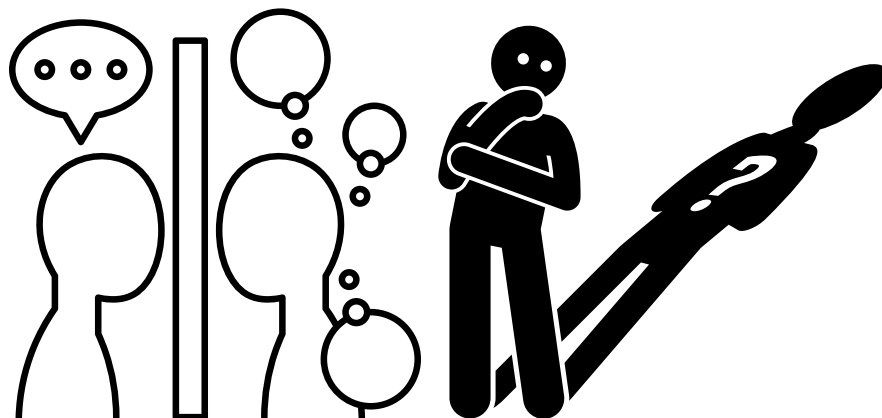
Inside all of us lies the reality that we either hide or project to the world based on how we feel about ourselves. This actuality becomes hidden if we have self-doubt about who we are, what we're capable of, and our confidence in our appearance, among other things, depending on the person. We create distance between the goals we want to accomplish and the social circles we want to be a part of that could help us realize our potential. Frequently, we pick up these habits from modeling our parents and peers during our adolescence. The beliefs we carry from childhood, shaped by the words and actions of our parents and friends, can create distance between who we are and who we strive to be. This circle of life keeps us in a whirlwind of emotional chaos. At first, we get inspired to do something better with our lives. Sometimes, we hold on to negative comments from the past and use them as an excuse not to move forward. This self-defeating behavior can lead to a constant cycle of negative self-talk, where we blame those who made us feel bad in the first place, even if they are no longer in our lives. The pain lingers, and we struggle to break free from this pattern of pessimism. This is where things usually begin to spiral out of control. Whatever vices keep us stuck typically start to take place. Then we wake up asking ourselves how this happened. The model you molded yourself into in your childhood set a precedent for your current actions and beliefs. That model is the mirror within that projects the true identity.

## *The Transition*



The modeling process is lifelong and changes based on who you want to become at different times. As we grow older and become more self-reliant, our emotions significantly shape our identity and behavior. These emotions can be influenced by the people we interact with, leading to changes in our personality and outlook toward life. We learn to read the room and adapt accordingly to fit in amongst our peers. All the while we're doing that, we're downloading more characteristics and traits that we'll use later in life. We can shape our lives and change our personalities if we focus internally on who we are and learn our habits. Ask yourself, "Which of these habits helps me the most and hurts me the most?" The answers you get to these questions will set you on the path of change by dissecting what's most beneficial to how you show up to people. This process sculpts a new positive self-image by casting away negative traits. People will begin to notice your transformation after consistently showing up as the better version of yourself. Be careful, though; some will associate your change as a negative characteristic due to their lack of connection with your change. It's normal to face situations where you have to decide whether to continue a relationship with someone or cut ties. Your decision should be based on whether the person is trying to bring you back to your old self or if they are motivated to change themselves for the better because of your efforts. This will be a tough decision if you're a person with empathy and want the best for everyone. This is the point where you have to grow a thick skin and think about your present and future happiness. Remember, you've worked hard to get here.

## *The Mirror*



The inner conversations we have with ourselves are the debates between the Spirit and the Ego. You have to choose which one will control your life. It's important to realize that when we let our Ego take control, there may be instances where we assume that others should accept our behavior. However, we may have unintentionally caused hurt feelings, prompting them to defend themselves, retaliate, or withdraw from us. You, in turn, start playing the blame game and taking a victim role in the situation. This will lead you to the path of internal destruction, which causes you to exhibit uncontrollable behavior patterns that have been modeled for so long that you naturally become destructive to people you come into contact with. This is the two-way mirror within that you've been trying to use to hide your pain and make others believe they're the problem, never looking at yourself. The issue then becomes externally visible when people you have relationships with say how destructive you are, which causes you to alienate yourself from your circles, allowing your inner pain to destroy you even more, still never addressing your faults and letting go of your Ego. The Ego is self-centered and indifferent to others; it craves total control. If we allow it to dominate our lives, it will destroy our relationships. The Ego doesn't project an outward image; it strives to protect our shattered internal image, concealing our pain from others. However, this defense usually fails, and our brokenness becomes apparent to those around us.

On the other hand, allowing the Spirit to take control is where better judgment and confidence come in. The tell-tell sign of spiritual presence is finding self-aware and empathetic people. They've developed discernment or what some call intuition. They pay close attention to how they affect others and themselves. The Spirit displays the mirror within that others get to witness after that person has modeled themselves after God. The mark of a spiritual person is when they don't mind showing their weaknesses to others so people can observe how the Spirit helps them overcome their inner battles. How we perceive ourselves starts from within and then gets displayed for others to notice. It's called a fruitful spirit. Sometimes, the Spirit uses the Ego to accomplish feats when fear prevents us from overcoming. When we learn this process, our mirror displays a stronger version of ourselves, and people see us as fearless and composed. The difference between Egoic and spiritual control is that our strong characteristics come from trusting God's Spirit in us, leading to unwavering faith and knowing when to use the Ego and let it go. We come across as blessed instead of egotistical, and the internal mirror shows us with a calmer presence. The Light within will shine brighter and illuminate our personality. This is how people perceive the external projection of our inner mirror spiritually.

