



### Mirror Mirror #2

How the past continues to play out in the present inside of me.

<p><b>My inner voice</b></p> <p>% of time Supportive _____</p> <p>% of time Critical _____</p>	<p><b>My attitude towards myself when I make mistakes</b></p> <p>% of time held Accountable and Forgiven? _____</p> <p>% of time Blamed &amp; Reminded of mistakes? _____</p>
<p><b>My reaction to myself when I am in pain</b></p> <p>% of time Comforted _____</p> <p>% of time Rejected _____</p>	<p><b>My expectations of myself</b></p> <p>% of time flexible, age appropriate _____</p> <p>% of time rigid, inappropriate _____</p>

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