



The Mirror of Awareness – *Using the Group as a Mirror*

This is a straightforward group activity for building insight. One way that we can increase insight is to objectively look at ourselves through the eyes of others. Other people see us differently than we see ourselves so if we are open-minded about others' views, we can use these opportunities to learn. This is not to say that other people's views and opinions about us are always correct because other people clearly can be wrong. However, still there may be some truth to be learned through the eyes of others. We just need to be open minded, look and listen with a positive attitude

The directions for this exercise are as follows: Everyone in the group should get the handout "The Mirror of Awareness" on the following page. Then take turns asking another group member a question about yourself from the selections on the mirror diagram. Listen to what others have to say with an open mind and even if you don't agree, that is still okay, just let it go. This is just about getting a perspective from others to "see" ourselves through the "mirror" of another's eyes. Take what you can from feedback and leave the rest

The rules for people answering questions are:

- Use polite and respectful language – Speak to others the way you want to be spoken too
- Do not be insulting or hurtful (When in doubt, leave it out- If you think the person may be offended then do not say it)
- Focus on the inner person, not appearance, physical characteristics, looks or style



For later: Process questions after the group is complete:

- 1. How did it feel to get feedback?**
- 2. How did it feel to give feedback?**
- 3. What is at least one (or more) things you learned about yourself or at least got a new perspective on?**
- 4. What are some things that stood out to you from this exercise that perhaps you can use as a positive take away?**



“The Mirror of Awareness”

What is one thing about me that stands out?	What is one thing that you think that I could do to make my life better?	What is one thing that you think that I seem passionate about?	Where do you see me in five years?
What are some of my strengths?	What is an area I could improve in your opinion?	What do you think would make me happier than I am now?	What do you think that I am afraid of?
How would you describe what you see as my philosophy of life?	What is one thing that I will wish I had done before this program is over?	What is one thing that you think I should add to my bucket list?	What is one thing that helped you that you believe would help me too?
What is a career path that you see as a good fit for me?	What do you think it would be like to have me as one of your family members?	What is one thing that you think that I should feel proud of?	What is one thing that you think I need to face up to in my life?
What is something positive that I have to offer others?	What is a hobby or recreational activity that I should try based on how you see me?	What are some things that it seems like I have not let go of (but need too)	What is special or unique about me?
What is something good about me that I may be minimizing or ignoring?	What is one thing that you think that I need to stop doing?	What do you think is holding me back from reaching my full potential?	What is a quality I have that people may admire?
What are a few words you can use to describe my personality?	What do you think is something that I need to work on more in therapy?	What is one decision that you would make if you were me?	What do you think would inspire or motivate me more?
If you took over my life, what are some things you would do?	What do you think would be a worthwhile goal for me?	What should I work on changing if I am going to make progress?	What is one thing that you see in me that you want in yourself too?