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THE WHY WE DO THAT SERIES | FREE READER COMPANION

The Mirror

A Reflection Companion

Four weeks for catching one pattern in context, understanding what it protects, trying one kind experiment, and collecting evidence that the old story is not the whole story.

THE QUESTION IT STARTS FROM

Can I read my own behaviour with the accuracy and generosity I offer everyone else?

BEGIN HERE

One pattern, read slowly

The book's In the Mirror sections give every chapter a Catch, Try and Ask. This companion is not a second set of chapter exercises. It helps you stay with one pattern long enough to see its context and movement.

- Choose one pattern, not all twelve.
- Use a normal week. You do not need a perfect routine or daily streak.
- Describe the pattern as something you do, not something you are.
- A small pause or different choice counts as movement.

A NOTE ON PACE

This is not a habit-breaking programme. Understanding may create room for choice, but there is no requirement to force a pattern to disappear.

PATTERN INDEX

The twelve-pattern mirror

Use this index to recognise your chapter. Choose the one that feels current, not the one you think you should work on.

1 **The oldest story**

A familiar sentence quietly narrates mistakes, rest and worth.

2 **The rehearsal**

A future conversation is performed repeatedly before it exists.

3 **The reply**

Another person's response becomes proof that everything is okay.

4 **The polished fine**

Pain is edited until it is easy for everyone else to carry.

5 **The deflection**

Recognition arrives and is redirected before it can land.

6 **The caretaking pivot**

Attention moves quickly from your hurt to the other person's comfort.

7 **The earned rest**

Stopping must be justified by enough output first.

8 **The plan**

Certainty is built early to quiet what cannot be controlled.

9 **The disappearance**

Struggle is hidden until the person inside it is hard to reach.

10 **The inner manager**

Kindness is treated as a threat to standards or discipline.

11 **The common thread**

Several habits may be protecting the same old belief.

12 **The kinder reading**

The pattern is named accurately without becoming an identity.

REFLECTION PAGE

Choose the pattern

Naming a behaviour gives you a little room around it. It does not turn it into your personality.

The pattern I want to observe is:

I notice it most often when:

I notice it least often when:

For the next four weeks, I want to understand:

WEEK ONE

Week one: Catch the context

Do not correct the pattern yet. Learn when it arrives.

What happened just before I noticed it?

What did I feel or expect in that moment?

What did the pattern help me do immediately?

What did it make harder afterwards?

WEEK TWO

Week two: Hear the story

Many habits arrive with a sentence that sounds factual because it is familiar.

The sentence underneath the pattern sounds like:

What does that sentence assume about me, other people or what happens next?

Where does the sentence feel old?

What present-day evidence complicates it?

WEEK THREE

Week three: Understand the protection

A pattern can make sense and still be ready for a different job.

What might this pattern have protected once?

What does it protect now?

Which part of the protection is still useful?

Which part carries a cost I no longer want to pay?

WEEK FOUR

Week four: Try one kinder experiment

Choose an experiment that is small enough to produce information, not a performance.

The moment I will try something different is:

The smallest different response is:

What do I predict will happen?

What actually happened?

REFLECTION PAGE

Evidence, not a verdict

Look for examples that add complexity. You are not building a case for or against yourself.

Evidence that the old story sometimes appears true:

Evidence that the old story is incomplete:

A person, place or condition where I respond differently:

What that difference teaches me:

REFLECTION PAGE

Ask a kinder question

Kind does not mean vague. The question should still be accurate.

The harsh question I usually ask is:

The more accurate question is:

The question that makes room for context is:

The question I want to carry into next week is:

REFLECTION PAGE

The four-week view

Notice movement that would be missed by an all-or-nothing measure.

I recognised the pattern earlier when:

I paused before following it when:

I asked for something more directly when:

I treated myself differently when:

REFLECTION PAGE

What the pattern has in common

Sometimes several behaviours are different solutions to the same belief.

Other habits that seem related are:

The shared belief or fear may be:

The strength hidden inside these habits is:

A new job I could give that strength is:

REFLECTION PAGE

Progress without a verdict

The aim is not to graduate from being human. It is to create a little more room between the old instruction and the next choice.

What I understand now that I did not understand before:

What I want to keep noticing:

What I am not ready to change, and can simply name for now:

One sentence I want the mirror to return to me:

WHEN YOU ARE READY

Accuracy with kindness.

A mirror does not ask you to become someone else. It helps you see the person already here, including the context, the intelligence inside the pattern, and the possibility of one different response.

BUY THE BOOK

LEAVE AN HONEST REVIEW

A FINAL NOTE

This companion is for personal reflection and education. It is not therapy, diagnosis or medical advice. Keep what is useful, leave what is not, and seek qualified support when a question needs more than a page.