

Mirror Clarity Process

This is a simple self-inquiry practice for moments when someone has upset, frustrated, hurt, or triggered you.

When we feel emotionally charged by another person's behaviour, there is often something deeper being activated within us. Sometimes it is an old wound. Sometimes it is an unmet need. Sometimes it is a part of ourselves we have not fully understood or accepted.

This process is designed to help you move from judgment to awareness, so you can see the situation more clearly and reclaim your power.

Important: This process is not about excusing someone's behaviour or blaming yourself for what happened.

Sometimes the mirror reveals a part of you that is asking for healing. Other times, it reveals a boundary that was never supported, respected, or strengthened in the past. Often, it reveals both, and both are in your best interests.

The mirror isn't here to shame you. It's here to show you where your power wants to return.

Step 1: List Five Judgments

Think about the person who is causing tension, conflict, frustration, or emotional charge. Write down five judgments you have about them.

Examples:

- *Sally is stubborn.*
- *Sally is self-serving.*
- *Sally doesn't listen.*
- *Sally is controlling.*
- *Sally is insensitive.*

Now write your own five:

- 1.
- 2.
- 3.
- 4.
- 5.

Be honest. No one else will see this.

Step 2: Turn It Around

Now replace their name with your own.

For example:

- *Sally is stubborn. → I am stubborn.*
- *Sally is self-serving. → I am self-serving.*
- *Sally doesn't listen. → I don't listen.*

Write each statement again using your own name.

- 1.
- 2.
- 3.
- 4.
- 5.

The purpose is to recognise what these statements help you see about yourself, your boundaries, and your needs.

Step 3: Where or when has this also been true of me?

For each turned-around statement, think of a completely different moment in your life when you behaved in a similar way.

Use the following reflection prompts for each judgment:

Judgment One

When have I been ... ?

What was going on inside me?

What was I afraid would happen if I didn't behave that way?

What did I need in that moment?

Judgment Two

When have I been ... ?

What was going on inside me?

What was I afraid would happen if I didn't behave that way?

What did I need in that moment?

Judgment Three

When have I been ... ?

What was going on inside me?

What was I afraid would happen if I didn't behave that way?

What did I need in that moment?

Judgment Four

When have I been ... ?

What was going on inside me?

What was I afraid would happen if I didn't behave that way?

What did I need in that moment?

Judgment Five

When have I been ... ?

What was going on inside me?

What was I afraid would happen if I didn't behave that way?

What did I need in that moment?

What did I need in that moment?

Step 4: Look Deeper

You may not agree with the other person's behaviour, but you may begin to understand the human experience underneath it.

As you reflect, notice how your perspective begins to shift. Now, when you consider the challenging situation you're in, what stands out?

- the power dynamic
- the emotional charge between you
- the ways you may trigger each other
- the patterns you've both been playing out

This step isn't about excusing anything; it's about seeing the fuller picture with clarity instead of reactivity.

Remember

The goal of this process is not to make yourself wrong. The goal is to soften judgment, understand yourself more deeply, and see the situation with clarity.

When the emotional charge dissolves, wisdom becomes available. And from that place, you can choose what is truly right for you, with presence, self-respect, and a clear sense of your own power.

Step 5: The Real Insight

Complete these sentences:

What I understand now is...

What this situation is teaching me is...

What I need moving forward is...

What boundary, conversation, or action feels right now is...

This is where the insight becomes integration.



If you'd like more personalised support with this, please reach out. It's often easier to unpack these patterns in a session, and I'd be pleased to support you through it.

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