

The Guy In The Glass



Chapter 1

What's Your Name



The Guy In The Glass Workbook



MIRROR WORK

All My Names

You don't have a name — you have names.

① STEP ONE JOURNALING

Chapter 1 begins with one realization: you don't have a name — you have names.

Before you choose who you are, you have to see who you've been called. Names aren't neutral. They shape posture, behavior, ambition, and shame. Some were given in love. Some were thrown in anger. Some you picked up just to survive.

Begin journaling. Write freely. Don't organize. Don't edit.

Write every name you've carried:

- Birth name
- Family name
- Religious or cultural name
- Nicknames
- Titles and roles
- Compliments and insults
- Expectations placed on you
- Labels from others
- Labels you gave yourself

Don't pause. Don't clean it up. Empty the whole pile. This isn't analysis. It's inventory.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a name that has shaped you.

In each sphere, write a single word or short phrase that shows:

- A name that defined you
- A name you hid behind
- A name that no longer fits
- A name that felt true

B. MIRROR

Tape the Spheres page to a real mirror. Stand in front of it.

Notice which names still carry weight. Notice which ones feel empty or borrowed.

Ask quietly: *Who am I without the names?*

Leave spheres blank if nothing comes. Check next page for journaling and spheres.

MIRROR WORK

All My Names

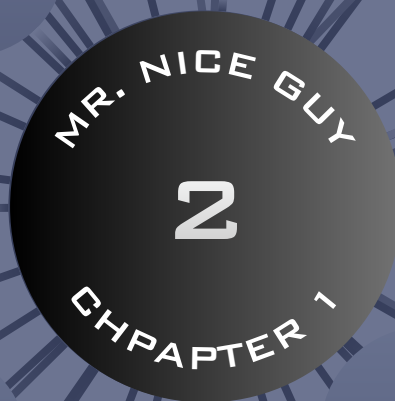
JOURNAL

Write fast · Don't pause · Don't clean it up — this is inventory

Write every name you've carried — every label, title, nickname, insult, expectation, and role.
Empty the whole pile.



The Guy In The Glass Workbook



MIRROR WORK

No More Mr. Nice Guy

He kept you safe once. Now he keeps you small.

①

STEP ONE

JOURNALING

The Nice Boy didn't appear out of nowhere. He was built — rewarded for being agreeable, quiet, responsible, easy.

He kept you safe once. Now he keeps you small.

Begin journaling. Write freely. Don't organize. Don't edit.

Write about:

- Where you learned that being "nice" meant being safe
- What was rewarded when you stayed agreeable or quiet
- What you learned not to do — speak, ask, disappoint, want
- What the Nice Boy helped you survive
- What that strategy has cost you over time
- Where you feel him in your body now
- What you fear would happen if you stopped being nice

Write until you feel the pattern — not just the story. That's enough.

②

STEP TWO

MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where the Nice Boy still operates.

In each sphere, write a single word or short phrase that shows:

- Where you say yes when you mean no
- Where you stay silent instead of telling the truth
- Where you overfunction to keep peace
- What the Nice Boy believes he is protecting

B. MIRROR

Tape the Spheres page to a real mirror. Stand in front of it.

Notice where the Nice Boy shows up first — in your face, posture, or breath.

Ask quietly: Who is in charge here?

Claim Yourself →

Leave spheres blank if nothing comes. Check next page for journaling and spheres.

JOURNAL

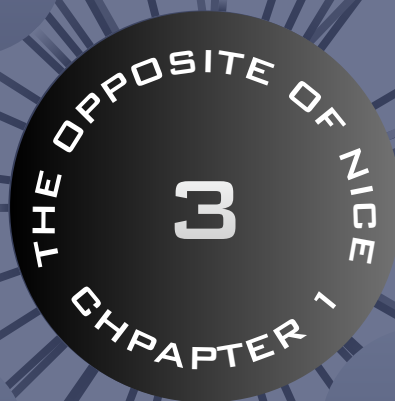
No More Mr. Nice Guy

JOURNAL

Write fast · Don't edit · Feel the pattern, not just the story

Where did the Nice Boy come from — and what has he cost you?





MIRROR WORK

The Opposite of Nice

Truth is what remains when you stop managing reactions.

① STEP ONE JOURNALING

Nice learned to survive by smoothing things over. Truth survives by standing its ground.

Emet means truth — not what's polite, not what's strategic, not what keeps the peace. Truth is what remains when you stop managing reactions.

Begin journaling. Write freely. Don't organize. Don't edit. Write what's true.

As you write, explore:

- Where do I already know the truth but don't say it?
- What truths have I softened, delayed, or swallowed to stay liked or safe?
- What do I tell myself instead of telling the truth?
- Where has being "nice" cost me honesty — with others or with myself?
- What truth feels risky to say, but heavy not to?
- What would change if I spoke truth without attacking or apologizing?

This isn't about confrontation. It's about integrity.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where truth wants a voice.

In each sphere, write a single word or short phrase that points to:

- A truth you haven't spoken
- A boundary you haven't named
- A reality you've been avoiding

B. MIRROR

***Tape the Spheres page to a real mirror. Stand in front of it.
Notice which truth tightens your body — and which one steadies it.***

Ask quietly: What truth needs my voice?

Then step away.

Leave spheres blank if nothing comes. Check next page for journaling and spheres.

MIRROR WORK

The Opposite of Nice

JOURNAL Write fast · Don't edit · Write what's real, not what's kind

Where do you already know the truth — but haven't said it yet?

