

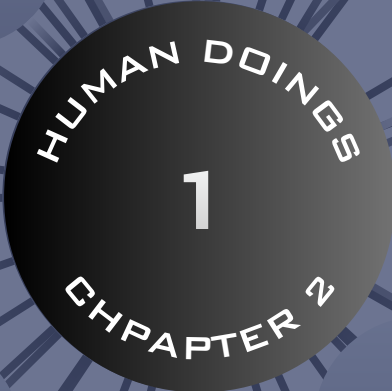
The Guy In The Glass



Chapter 2

What Do You Do





MIRROR WORK

Human Doings

When did doing become your identity?

① STEP ONE JOURNALING

Every man builds a version of himself around what he does — the producer, the provider, the grinder, the one who keeps moving so nothing falls apart.

He wasn't wrong. He was surviving.

Over time, the Human Doing becomes a mask, and that mask quietly cuts you off from your own aliveness.

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

As you write, explore:

- Where did I learn that approval, safety, or belonging came from what I accomplish?
- When did doing become my identity?
- What has constant motion protected me from — failure, rest, emptiness, not being enough?
- What has it cost me — presence, creativity, desire, truth, connection?
- Where does my body resist slowing down?

Let pride, exhaustion, fear, and relief all have space. This isn't about failure. It's about cost.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where doing has replaced being — and where being is asking to return.

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

- Where your worth has been tied to output
- What staying busy has been protecting
- What kind of presence, rest, or aliveness you want to reclaim

B. MIRROR

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

Notice where rest feels dangerous.

Notice where effort feels compulsory.

Notice where ease feels possible.

Be Alive →

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

MIRROR WORK

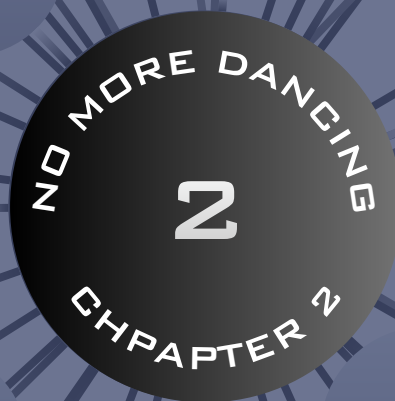
Human Doings

JOURNAL Write fast · Don't edit · Let pride, exhaustion, fear, and relief all have space

When did doing become your identity — and what has it cost you?



The Guy In The Glass Workbook



MIRROR WORK

No More Dancing

What are you moving toward?

① STEP ONE JOURNALING

Most men don't fear work — they fear stopping.

Doing keeps you moving. Moving keeps you distracted. Distraction keeps you dancing around the void — the quiet place you'd rather not face.

So you fill the space with noise, effort, productivity, achievement. The dance works... until it doesn't.

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

As you write, explore:

- Where do I stay in constant motion — busyness, productivity, scrolling, planning, fixing, helping, performing?
- What does staying busy protect me from feeling?
- When have I brushed up against stillness — silence, grief, emptiness, rest, meaninglessness?
- What sensations arise when I slow down?
- What do I fear might surface if I stopped moving?

Let pride, exhaustion, fear, and relief all have space. This isn't about failure. It's about cost.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where you stay in motion — and a place where being is trying to emerge.

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

- Where you distract yourself or stay busy
- What stopping feels like it would cost
- What kind of presence, rest, or truth you are actually moving toward

B. MIRROR

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

Notice where movement feels compulsive.

Notice where stillness feels inviting — or necessary.

Ask quietly: *What am I moving toward? Now claim it.*

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

MIRROR WORK

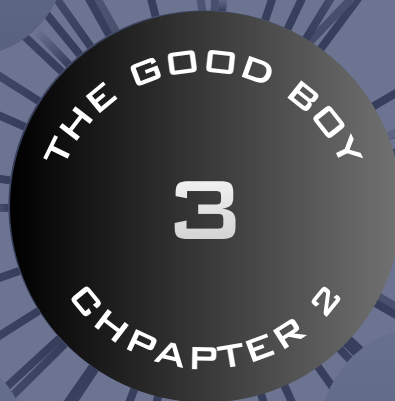
No More Dancing

JOURNAL Write fast · Don't edit · Notice the dance

What does staying busy protect you from feeling — and what do you fear might surface if you stopped?



The Guy In The Glass Workbook



MIRROR WORK

The Good Boy Grind

Where have you been earning worth instead of living it?

① STEP ONE JOURNALING

The Good Boy learns early how to survive. He stays buttoned-up, controlled, competent.

He earns approval by doing things right, carrying weight, keeping the plates spinning. He believes love comes through discipline, performance, and not making waves.

You know this man because you've lived him.

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

As you write, explore:

- Where have I been earning worth instead of living it?
- What did the Good Boy help me manage — chaos, disappointment, conflict, instability?
- Where do responsibility and pride turn into rigidity?
- What has staying "good" cost me — emotionally, physically, spiritually?
- Where do I feel the exhaustion beneath the polish?

This isn't about blame. It's about honesty.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where the Good Boy has been in charge — and where something truer wants to lead.

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

- Where you perform or overfunction
- What staying "good" protects
- What kind of aliveness, honesty, or ease you want instead

B. MIRROR

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

Notice where you're holding it together.

Notice where you want to live more freely.

Live Your Worth →

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

MIRROR WORK

The Good Boy Grind

JOURNAL

Write fast · Don't edit · Feel the exhaustion, not just the strategy

Where has the Good Boy been running things — and what has it cost you beneath the polish?

