

The Guy In The Glass

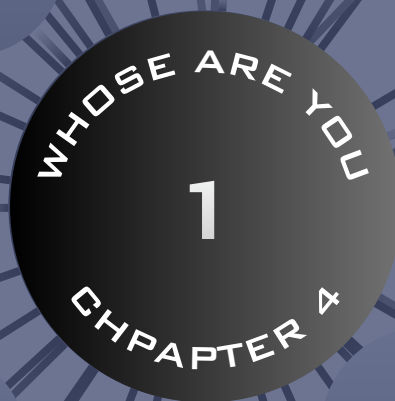


Chapter 4

Are You Single



The Guy In The Glass Workbook



MIRROR WORK

Whose Are You

Identity isn't just who you are. It's whose you are.

① STEP ONE JOURNALING

Identity isn't just who you are. It's whose you are.

Not ownership — but belonging, responsibility, and mutual claim.

A man is shaped not only by what he wants, but by who he loves, who he serves, and who would feel the weight if he disappeared.

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

As you write, explore:

- Whose life is meaningfully tied to mine?
- Who relies on me — emotionally, practically, spiritually, or silently?
- What commitments have I made, spoken or unspoken?
- What responsibilities did I never ask for, but still carry?
- Where have I been faithful to these bonds — and where have I drifted?
- What kind of man do these relationships call me to be?

This isn't about guilt. It's about truth.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a person, group, or calling that claims you — and gives your life weight.

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

- Who you belong to
- Who you are accountable to
- How you want to show up more faithfully

B. MIRROR

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

Notice which names steady you. Notice which ones ask something of you.

CHOOSE FAITHFULNESS →

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

MIRROR WORK

Whose Are You

JOURNAL Write fast · Don't edit · This isn't about guilt — it's about truth

Whose life is meaningfully tied to yours — and what kind of man do those bonds call you to be?



The Guy In The Glass Workbook



MIRROR WORK

Self-Transcendence

Meaning comes from answering: what is asking something of me?

① STEP ONE JOURNALING

A man doesn't find meaning by staring at himself forever. He finds it by being drawn beyond himself.

Frankl called this self-transcendence — the movement toward something or someone that asks more of you than comfort, preference, or self-protection.

Meaning doesn't come from asking How do I feel? It comes from answering What is asking something of me?

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

As you write, explore:

- Where is life calling me outward — toward responsibility, service, commitment, contribution?
- Who or what is asking something of me right now?
- Where have I pulled back, delayed, or avoided the call?
- Where have I chosen comfort over contribution?
- Where has service felt costly — but real?
- What kind of man do I want to become by answering this?

This isn't judgment. It's orientation.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where life is calling you beyond yourself.

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

- What is asking something of you
- Where you've been resisting or retreating
- How you want to answer with purpose

B. MIRROR

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

Notice where your world has become small.

Notice where you're ready to give yourself.

ANSWER THE CALL →

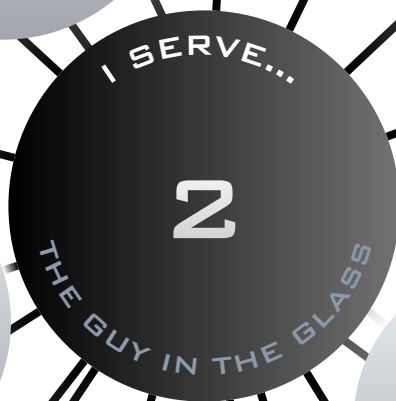
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MIRROR WORK

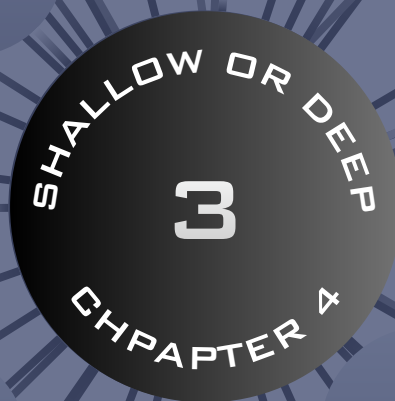
Self-Transcendence

JOURNAL Write fast · Don't edit · This isn't judgment — it's orientation

What is asking something of you right now — and where have you been pulling back?



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MIRROR WORK

Shallow or Deep

Depth asks you to stay, to feel, to tell the truth.

① STEP ONE JOURNALING

This isn't a diagnosis. It's a choice.

Shallow isn't stupid — it's fast, loud, relieving. It offers comfort without cost, stimulation without demand.

Depth is slower. Quieter. Riskier. It asks you to stay, to feel, to tell the truth when distraction would be easier.

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

As you write, explore:

- Where have I skimmed the surface instead of staying — and how has that disrespected the man I see in the mirror?
- Where have I chosen distraction, ease, performance, or escape?
- Where have I stayed — even briefly — when depth asked something of me?
- When have I told the truth, listened fully, or remained present despite discomfort?
- What did it cost me to choose depth — and what did it give me?
- Where am I being asked now to go deeper, and how do I want to show up there?

This isn't about shame. It's about self-respect.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where you've made a choice — and where another choice is available.

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

- Where you've chosen shallow
- Where you've chosen depth (even once)
- How you want to stand going forward

B. MIRROR

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

Notice where you avoided depth.

Notice where you honored yourself by staying.

Notice who you're becoming by choosing differently.

STAND DEEPER →

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

MIRROR WORK

Shallow or Deep

JOURNAL Write fast · Don't edit · This isn't shame — it's self-respect

Where have you chosen shallow — and where has depth asked something real of you?

