

The Guy In The Glass

Chapter 6

How Are You Getting Home





MIRROR WORK

Where Is Home

Home is where you stop performing, stop proving, stop running — and tell the truth.

① STEP ONE JOURNALING

Home isn't geography. It's truth. Alignment. Belonging to yourself.

Home is the place where you stop performing, stop proving, stop running — and tell the truth about how you're living.

Most men don't lose home all at once. They drift — careers, expectations, relationships, success, collapse — one compromise at a time.

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

Write about:

- Where you've been living productively or impressively — but not honestly
- Where you've acted in ways you can respect, even under pressure
- Where you feel a quiet homesickness now
- What pulls you away from yourself, and what brings you back

This isn't about going backward. It's about choosing alignment again.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where home was felt, lost, or is waiting.

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

- Where you drifted from yourself
- Where you lived aligned and whole
- What choice would move you closer to home now

B. MIRROR

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

Notice where you tighten when you're off-center.

Notice where you exhale when something is true.

COME HOME →

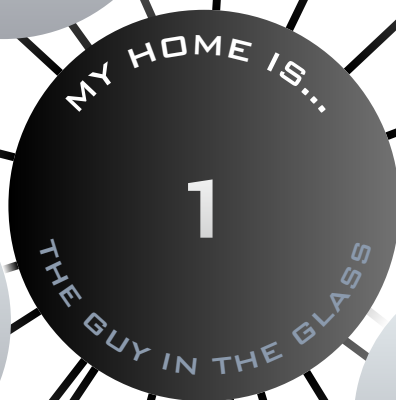
Leave spheres blank if nothing comes. Check next page for journaling and spheres.

MIRROR WORK

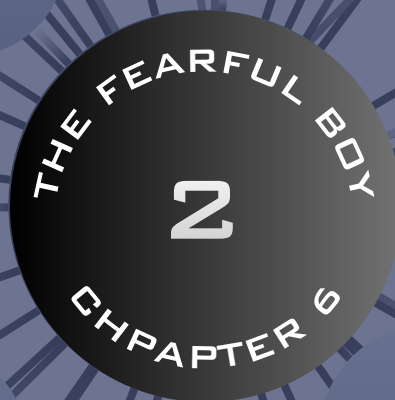
Where Is Home

JOURNAL Write fast · Don't edit · Choose alignment

Where are you living impressively but not honestly — and where do you feel a quiet homesickness?



The Guy In The Glass Workbook



MIRROR WORK

The Fearful Boy

He helped you once. Now he's holding you back.

① STEP ONE JOURNALING

Every man carries a Fearful Boy inside him. He learned early that staying small meant staying safe.

He hid the truth, waited for permission, avoided choices, and survived by shrinking. He helped you once. He kept you out of danger.

But what once protected you is now holding you back. Fear became a strategy. Silence became a shield. Hesitation became habit.

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

- Where fear has been steering you through hesitation, silence, or delay
- What the Fearful Boy protected you from — and what it has cost you
- Where you've acted with courage anyway, even imperfectly
- Where you want direction more than safety now

This isn't about shaming fear. It's about seeing it clearly.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where fear still has influence — and where courage is possible.

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

- Where fear runs you
- Where you've chosen strength (even once)
- What you're ready to choose next

B. MIRROR

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

Notice where you tighten.

Notice where you're ready to move.

CHOOSE COURAGE →

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

MIRROR WORK

The Fearful Boy

JOURNAL Write fast · Don't edit · See fear clearly — not to shame it

Where has fear been steering you — and where are you ready for direction instead of safety?





MIRROR WORK

Through The Exit

The only way home is through the door — not back into what's familiar.

① STEP ONE JOURNALING

Every man reaches a moment when the room can't hold him anymore.

The routines still work. The life still functions. But something in you knows there's an exit nearby — quiet, unmarked, easy to ignore.

Something out there awaits you. And the only way home is through the door — not back into what's familiar.

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

Write about:

- Where you've sensed an exit but stayed anyway
- What's kept you circling instead of stepping through
- Where staying has begun to cost you self-respect
- Where you've faced a door before and honored yourself by walking through
- Where you feel called now, even without guarantees

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

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a door you've encountered — past or present.

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

- The door you avoided or delayed
- The door you walked through and grew from
- The door you're standing in front of now

B. MIRROR

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

Notice where the room no longer fits.

Notice where courage is forming.

WALK THROUGH →

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

MIRROR WORK

Through The Exit

JOURNAL

Write fast · Don't edit · This isn't recklessness — it's honesty

Where is there an exit you've been sensing — and what keeps you from stepping through?

