

The Guy In The Glass



Prologue

The Response-Ability Roadmap



The Guy In The Glass Workbook



MIRROR WORK

Invisible Bars

You don't see your prison because its bars are invisible.

① STEP ONE JOURNALING

Men aren't imprisoned by circumstances. They're imprisoned by what runs automatically inside them.

"You don't see your prison because its bars are invisible." — Dan Millman

This Prologue is about those invisible bars — the inner constraints made of habit, fear, shame, loyalty, and unexamined belief. Most men don't know they're confined. They just know they feel tight, restless, reactive, or exhausted.

Begin journaling. Write freely. Don't organize. Don't edit. You're not fixing anything — only seeing clearly.

Write about:

- Where you have not respected the man in the glass by living behind these bars
- Where you have respected him by choosing freedom, even briefly
- Where you want to reclaim choice and live differently going forward

Tell the truth on the page. That's enough.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where invisible bars operate — and where freedom is possible.

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

- Where you feel confined
- Where you have chosen freedom
- Where choice still exists now

B. MIRROR

Tape the Spheres page to a real mirror.

Stand in front of it.

Notice the bars.

Notice the space between them.

Choose freedom

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

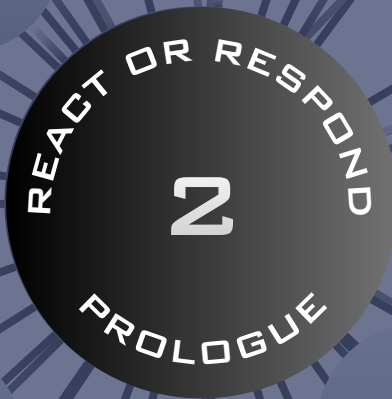
MIRROR WORK

The Inner Concentration Camp

JOURNAL Write fast · Don't edit · You're not fixing anything — only seeing clearly

Where are the invisible bars operating in your life — and where have you chosen freedom, even once?





MIRROR WORK

React or Respond

The gap between stimulus and choice is where freedom lives.

① STEP ONE JOURNALING

Reaction isn't weakness. It's habit. It's speed.

It's what happens when you don't slow down long enough to choose.

Most men aren't aware of how often reaction runs their lives. They just live with the cost.

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

Write about:

- Where reaction has been disrespecting the man in the mirror
- Where you've paused, chosen, or responded — and respected yourself
- Where you want to reclaim the power to choose next

Don't fix anything. Just see it clearly.

② STEP TWO MIRROR WORK

A. SPHERES

Move to the spheres. Each sphere represents a place where reaction shows up — and response is available.

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

- The reaction that fires
- A moment you chose differently (even once)
- The response you want to stand in now

B. MIRROR

Tape the Spheres page to a real mirror.

Stand in front of it.

Notice where reflex still runs.

Notice where choice returns.

Choose response

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

MIRROR WORK

React or Respond

JOURNAL

Write fast · Don't edit · Don't fix anything — just see clearly

Where does reaction run your life — and where have you paused long enough to actually choose?

