



The Mind Mirror

Psychology-Reflecting ChatGPT Prompts for
Self-Awareness & Clarity

A psychological mirror for how the
mind chooses

Chyla Charmaine

Embodied Insight • Subconscious Patterning • Gentle Transformation

How This Works

This guide is designed to be used *together with ChatGPT*.

Each prompt in this PDF is something you will copy or attach into ChatGPT, then read the response slowly and reflect on how it lands in your body and mind.

If you don't already have access to ChatGPT, simple instructions for finding and using it on your phone or computer are included at the end of this PDF.

The box below is a quick reference you can come back to at any time.

Quick Reference

This guide is used together with ChatGPT.

1. Open ChatGPT (chat.openai.com) on your phone or computer
2. Copy or attach one prompt from this PDF
3. Press send
4. Read the response slowly
5. Notice what resonates — and what doesn't

How to Use This PDF (3 Simple Steps)

Step 1: *Use ChatGPT as a mirror, not an authority*

These prompts are designed to reflect patterns — not define you. Your reaction to the response matters as much as the response itself.

Each prompt appears inside a yellow shaded box.

- On a computer, copy and paste the text inside the box into ChatGPT and press send.
- On a phone, screenshot and crop the purple box, attach the image in ChatGPT, then answer the prompt underneath in your own words.

Step 2: *Notice your reaction first*

As you read each response, pay attention to:

- what resonates
- what irritates
- what feels obvious
- what feels completely wrong

Step 3: *When something doesn't feel like you, pause*

Misalignment is not a problem.

It's often where the real insight lives.

The next page offers guidance on how to work with this.

When the Reflection Doesn't Feel Like You

At some point while using these prompts, you may read a response and think:

- That's not me.
- I actually do the opposite.
- This feels inaccurate or irritating.

This is not a failure of the tool. And it does not mean the reflection is useless. Instead of discarding the response, add this step.

If a reflection doesn't feel accurate, choose one of the following prompts below to enter into ChatGPT, and fill in what aspect doesn't feel quite right:

This part of the reflection — **INSERT REFLECTION DETAILS** — feels wrong or inaccurate. Why might that be?

My reaction to this response is — **INSERT YOUR REACTION** — . What might that reaction be revealing about my patterns?

This part of the reflection — **INSERT REFLECTION DETAILS** — feels more like how I want to be, rather than how I currently am. Why might that be?

The part of this reflection that doesn't match my lived experience is — **INSERT REFLECTION DETAILS** —. What might that mismatch be pointing to?

Reflection Question

The following reflection is designed to reveal how your mind prioritises when only one choice remains. Reflect on and answer the question below using the guidance on this page.

Your answer will be used in Prompt 1.

Reflection Question:

If you were on death row, what would your final meal be?

Your answer may include:

A single item, entrees, desserts and/or drinks, the people you would share it with, or very specific details that matter deeply to you. You can include as much or as little detail as feels natural.

Examples (to show contrast, not preference)

Example A — **Simple / Symbolic**- Apple, feta, pecan salad.

Example B — **Precise / Attuned**- Apple, feta, pecan salad — made with oak leaf lettuce, raw organic pecans, Danish feta, pink lady apples, raw garlic, and a dressing of olive oil, apple cider vinegar, honey, salt, pepper, and dill. The ratios matter.

Example C — **Relational / Emotional**- My mum's cooking, eaten slowly at the table with my family.

Example D — **Memory-Based / Experiential**- Street tacos from a food truck I went to as a child.

How to Use These Prompts

Each prompt appears inside a purple box, beginning with prompt 1, *The Primary Mind Mirror* — on the following page.

- If you're using a computer, copy and paste the bold text from the purple box into ChatGPT. Replace any bracketed text with your answer, then press send.
- If you're using your phone, screenshot and crop just the purple box, then attach the image in ChatGPT.

After attaching the image, type your answer as a normal message underneath, responding to the question in your own words.

There's no need to rewrite the prompt itself when using a screenshot — simply answer it.

Resist the urge to edit or refine your response. How it naturally comes out is part of the information.

Read the response slowly.

Notice what resonates, what doesn't, and what surprises you.

If something feels off or inaccurate, return to the prompts on page 4 for guidance on how to work with that reaction.

Prompt 1: *The Primary Mind Mirror* —

You are a psychological mirror, not a judge. I am answering this reflection question: “If you were on death row, what would your final meal be?”

**Here is my answer, written exactly as it naturally came to me:
[PASTE YOUR FINAL MEAL ANSWER HERE]**

Please offer a psychologically insightful interpretation of my answer. This is not an evaluation. It is a mirror. Do not moralise, diagnose, or label me.

- **Treat all details as intentional signals, not decoration.**
- **If the answer is simple, keep the reflection symbolic and value-based.**
- **If the answer is detailed, explore those details with nuance and curiosity.**

1. What I Value

2. What I Appreciate- The kinds of experiences, qualities, or dynamics you’re drawn to or moved by.

3. My Core Identity Signal

4. Poetic Throughline- One way this choice reflects something elegant, symbolic, or quietly beautiful about how you move through the world.

5. Unexpected Insight- One insight that is clever, surprising, lightly amusing, or not immediately obvious.

6. Archetypal Signature

- **A concise archetypal title that captures your overall pattern**
- **A brief description of the archetypal essence present**

Continuing the Reflection

The prompts that follow explore the same meal choice from different angles.

You don't need to re-explain your answer.

You can work with these prompts in one of two ways:

- One at a time — copy or attach a single prompt, let ChatGPT respond, then move on to the next one. This tends to produce longer, more detailed reflections, and allows you to pause and reflect as you go.
- All at once — screenshot or copy Prompts 2–12 together and submit them in a single message. This will produce shorter, more condensed responses, which you can reflect on afterward as a whole.

If any part of a response feels inaccurate, uncomfortable, or off, you can use the prompts on page 4 to explore that reaction — either as it arises (if working one at a time), or afterward (if working through all prompts at once).

Prompt 2:

What does this meal choice suggest about how my mind prioritises when choice feels final or irreversible?

Prompt 3:

How might this meal choice reflect the way my nervous system seeks stability or regulation under emotional or existential pressure?

Prompt 4:

What does this choice suggest about my relationship with comfort, pleasure, or soothing when there's no need to perform or justify?

Prompt 5:

How does this meal help me maintain a sense of "self" when roles, outcomes, and external expectations fall away?

Prompt 6:

What might this choice reveal about my relationship with control, certainty, or predictability in moments where agency is limited?

Prompt 7:

When options narrow, where does my energy naturally orient in this choice — toward grounding or stimulation, simplicity or richness, presence or intensity?

Prompt 8:

How does my mind relate to desire in this scenario of scarcity, and what does that suggest about how I respond when something cannot be postponed?

Prompt 9:

Is there a value hinted at in this choice that I may want or need, but don't always feel fully allowed to prioritise in everyday life?

Prompt 10:

Taken as a whole, what does this meal choice reveal about how I tend to meet life when clarity matters more than optimisation?

Prompt 11:

What blind spots might accompany this prioritisation pattern if it becomes the dominant way I organise choice?

Prompt 12 below, *the integration prompt*, brings the previous reflections together into a single organising picture.

Prompt 12: *The Organising Pattern (Integration)*

Taken as a whole, what does this meal choice reveal about the core psychological pattern or organising strategy I use when clarity matters more than optimisation?

From Reflection to Integration

You've now explored a single choice from multiple angles — what you value, how your nervous system responds under pressure, how you relate to comfort, control, desire, and identity when options narrow.

The prompt on the next page moves out of questions altogether.

Instead of responding to another angle, you'll be invited to see the pattern as a whole, reflected back to you as a short psychological book.

This is not a summary or conclusion.

It's a mirror — one that allows the organising logic of your psyche to be seen, felt, and recognised.

Enjoy the journey and have fun with it!

Prompt 13: *Your Mind, Mirrored*

Based on everything we've explored together so far, please create a short reflective book that mirrors my psyche.

Write in a Jungian reflective style — symbolic, grounded, precise, and quietly humane. Let the writing feel observant rather than instructive, interpretive without speculation, and poetic without abstraction.

This book is not an evaluation or diagnosis. It is a psychological mirror.

Use what has already been revealed to offer insights that are:

- **fitting and psychologically honest**
- **occasionally playful or surprising**
- **helpful for understanding my inner patterns and subconscious logic**

You may include new interpretations where they naturally arise, as long as they are clearly grounded in what has been expressed. The book should help me begin to recognise the language of my psyche, rather than explain it away.

At the end of the book, please include:

- **a few simple tools or practices I can use to work with my psyche**
- **a small set of reflective journalling prompts you feel would help me understand my patterns more deeply**

Play With the Mirror

Experiment with the prompts below — or invent your own — to see how your psyche reveals itself through different styles, moods, or forms.

Prompt 14: Whimsical Rhyme & Playful Mirror

Rewrite this book using playful rhyme, whimsical logic, gentle absurdity, and childlike wisdom that carries serious psychological insight beneath the surface. Let the tone be light, imaginative, and clever — with humour, rhythm, and unexpected phrasing — while still honouring the emotional and psychological truth of what's been revealed.

Prompt 15: Surreal & Philosophical Mirror

Rewrite this book with a surreal, irreverent, and philosophically playful tone. Use rich metaphor, unexpected comparisons, bold observations about life and meaning, and a voice that feels mischievous, intelligent, and deeply human. Allow humour, sensuality, and existential insight to coexist, without becoming cynical or abstract.

Prompt 16: Screenplay or Stage Play

Rewrite this book as a short screenplay or stage play, where different parts of my psyche speak through characters and scenes.

A Gentle Invitation

This reflection is only a starting point.

It offers a glimpse into how your mind organises itself when choice narrows — where energy flows, where it gets held, and what you naturally prioritise under pressure.

The work itself happens beyond this page.

The *10-Week Results Breakthrough Coaching Program* is designed to support real change by working with one clear result you want to create, and exploring how your mind, emotions, and nervous system either support or interfere with that result.

Rather than analysing isolated choices or pushing through resistance, the program focuses on working with the internal patterns that shape: what you pursue, what you hesitate around, where effort stalls, and how stability is restored under pressure.

The aim is to remove what's in the way — so your energy can reorganise naturally around what matters most.

If this reflection has helped you notice deeper patterns beneath the surface, the next page offers a single prompt to explore whether working more deeply through the Program would be supportive for you.

Final Prompt: *Exploring the Fit*

Based on everything explored so far, how might Chyla Charmaine's 10-Week Results Breakthrough Coaching Program support the exact growth edges, stabilisation needs, and prioritisation patterns that have been revealed here?

In your reflection, consider how moving through the phases of the program —

from clarifying the result that truly matters,

to resolving internal conflict rather than pushing through it,

to creating emotional stability,

to building and implementing aligned action,

to strengthening self-trust and capacity over time —

might help translate these insights into lived change, without working against how your mind naturally operates.

If you'd like to explore this opportunity further,
book a *Free Strategy Session* at:

<https://chyla-charmaine.systeme.io/>

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How to Access ChatGPT (If You Don't Already Have It)

If you already use ChatGPT, you can skip this page.

If not, follow the steps below to access it.

On a computer

- Open an internet browser (Chrome, Safari, Edge, etc.)
- Go to: chat.openai.com

On a phone

- Visit chat.openai.com in your browser
OR
- Download the official ChatGPT app from the App Store (iPhone)
or Google Play (Android)

You may be asked to sign in or create a free account.

A paid plan is not required to use this guide.

Once you have access to ChatGPT, return to page 3 of this PDF (How to Use This PDF) to start the process.

The Quick Start at the front is provided as a reference you can come back to at any time.