



The Body Mirror

Psychology-Reflecting ChatGPT Prompts for
Self-Awareness & Clarity

A grounded, non-woo way to notice patterns
beneath your decisions

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 purple 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 body naturally organises attention, preference, and safety — before conscious thought takes over. Reflect on and answer the question below using the guidance on this page.

Your answer will be used in Prompt 1.

Reflection Question:

What part of your body do you love the most, and why?

Your answer may include:

- A body part you consistently notice, rely on, or feel at home in
- A part you feel expressive through, grounded in, or protective of
- Sensations, movement, posture, or functional qualities
- Emotional or practical reasons for this preference

You can include as much or as little detail as feels natural.

Examples (to show contrast, not preference)

Example A — **Simple / Sensory**- My hands.

Example B — **Precise / Attuned**- My shoulders. They carry a lot, and I'm very aware of when they soften. I feel relief there.

Example C — **Functional / Adaptive**- My legs. They've always gotten me where I need to go. I trust them.

Example D — **Expressive / Relational**- My eyes. I feel like people understand me through them before I speak.

How to Use These Prompts

Each prompt appears inside a purple box, beginning with prompt 1, *The Primary Body 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 Body Mirror* —

You are a psychological mirror, not a judge. I am answering this reflection question: “What part of your body do you love the most, and why?”

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

Please offer a psychologically insightful reflection of my answer. This is not an evaluation. It is a mirror.

Do not moralise, diagnose, symbolise, or label me.

- **Treat this body preference as intentional pattern-data, not coincidence or decoration.**
- **If the answer is simple, keep the reflection grounded and functional.**
- **If the answer is detailed, explore those details with nuance and restraint.**

1. What I Appreciate

2. My Embodied Orientation- What this preference suggests about how I naturally meet the world.

3. My Core Embodied Identity Signal- One way this bodily preference reflects how I experience myself before roles or self-concept.

4. Poetic Throughline

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

6. Archetypal Signature- A lightly held archetypal pattern name that captures the overall embodied tendency reflected here.

Continuing the Reflection

The prompts that follow explore the same body preference from different psychological 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, notice, and integrate 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).

There is no need to resolve or agree with every reflection.

Your reactions are part of the information.

Prompt 2:

How does this body preference shape where my attention naturally goes — both inwardly and in the world around me?

Prompt 3:

What does valuing this part of my body suggest about how I tend to approach situations, challenges, or new experiences?

Prompt 4:

How might this body preference reflect what feels effortful versus natural for me when engaging with life?

Prompt 5:

How does this bodily preference influence how I express myself — or how much I hold back?

Prompt 6:

When decisions need to be made, how might reliance on this part of my body shape how I sense readiness, direction, or commitment?

Prompt 7:

When pressure increases or outcomes feel uncertain, how might this bodily preference influence how I stabilise or respond?

Prompt 8:

What does this body preference suggest about my relationship with control, surrender, and allowing things to unfold?

Prompt 9:

How might this body preference influence how I connect with others — through presence, distance, responsiveness, or leadership?

Prompt 10:

If this bodily strategy were leaned on too heavily, what blind spots or imbalances might emerge for me?

Prompt 11:

What capacities or qualities might remain under-expressed in me because this body preference has carried so much of the load?

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 body preference reveal about the core psychological pattern or embodied strategy I use to stay oriented, effective, and coherent in the world?

From Reflection to Integration

You've now explored a single body preference from multiple psychological angles — how appreciation, attention, agency, and response to pressure take shape through the body.

Rather than analysing isolated sensations or traits, these reflections have been pointing toward one underlying embodied strategy — a way your system has learned to stay oriented, effective, and coherent in the world.

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

Instead of exploring 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, it is a mirror that allows the organising logic of your embodied psyche to be seen, felt, and recognised.

Prompt 13: *Your Body, Mirrored*

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

Write in a Jungian reflective style — observant, symbolic, grounded, 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 mirror. Use what has already been revealed to offer insights that are:

- **fitting and psychologically honest**
- **occasionally playful or surprising**
- **helpful for understanding how my psyche organises itself through the body**

You may introduce new interpretations where they naturally arise, as long as they are clearly grounded in what has already been expressed.

The book should help me begin to recognise the language of my embodied patterns, rather than explain them away.

At the end of the book, please include:

- **a few simple tools or practices that support awareness of my embodied patterns**
- **a small set of reflective journalling prompts you feel would help me relate to these patterns more consciously**

Play With the Mirror

Experiment with the prompts below — or invent your own — to see how your psyche reveals itself through different sensations, rhythms, and forms of attention.

Prompt 14: Letter for Thanks

Rewrite this book as a gratitude letter from me to this part of my body

Prompt 15: Letter From the Body

Rewrite this book as a letter written from my body to me. The tone should be sarcastic but loving — like a loyal best friend who’s mildly amused by how much I overthink things. The body may gently roast me, use dry humour and playful exaggeration, but underneath it should still speak honestly about what it carries, protects, trusts, and needs me to notice.

Prompt 16: World’s Greatest Poem

Rewrite this book as if the psyche can only be understood through touch. No visual imagery. And as if you were the world’s greatest and well known poet.

Prompt 17: The Body as Weather

Rewrite this book as if the body believes it is weather.

A Gentle Invitation

This reflection is only a starting point.

It offers a glimpse into how your system organises itself through the body when pressure rises — where energy flows, where it gets held, and what you naturally rely on.

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 psychological and embodied patterns either support or interfere with that result.

Rather than analysing isolated experiences 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/>

© 2026 Chyla Charmaine.

This material is for personal use only.

Please do not copy, reproduce, or distribute without written permission.

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.