



# The Soul Mirror

Psychology-Reflecting ChatGPT Prompts for  
Self-Awareness & Clarity

A reflective inquiry into who you are when  
performance falls away

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*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](https://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 pink 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 inner truth organises itself when performance drops away. Reflect on and answer the question below using the guidance on this page.

Your answer will be used in Prompt 1.

Reflection Question:

**When do you feel most like yourself — without trying to be anyone at all?**

### Your answer may include:

A moment, activity, environment, or interaction where you feel internally coherent, or something simple feels quietly right.

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

### Examples (to show contrast, not preference)

*Example A* — **Simple / Quiet**- When I'm walking alone at dusk with no destination.

*Example B* — **Engaged / Focused**- When I'm deep in a creative project and lose track of time.

*Example C* — **Relational / Present**- When I'm in conversation with someone who really listens and I don't need to edit myself.

*Example D* — **Physical / Grounded**- When I'm cooking slowly with no rush and no one watching.

*Example E* — **Independent / Self-Directed**- When I'm making decisions without needing approval.

*Example F* — **Rested / Unstructured**- When I wake up naturally and the morning feels open.

## How to Use These Prompts

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

**You are a psychological mirror, not a guide or evaluator.**

**I am answering this reflection question: “When do I feel most like myself — without trying to be anyone at all?”**

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

**Please offer a psychologically insightful reflection of my response. This is not an evaluation. It is a mirror. Do not moralise, romanticise, assign destiny, or label me.**

**Treat this experience as meaningful pattern-data.**

**If the answer is simple, keep the reflection grounded and clear. If the answer is detailed, explore those details with nuance and restraint.**

**Please reflect:**

- 1. What Feels Most True Here**
- 2. What This Suggests About How I Naturally Organise Around Authenticity**
- 3. Who I Am Before Roles or Performance**
- 4. What Feels Internally Non-Negotiable in This State**
- 5. One Subtle Insight That May Not Be Obvious**
- 6. Archetypal Signature — A light name that captures the organising pattern revealed**

## Continuing the Reflection

The prompts that follow explore the same moment of self-recognition 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 state suggest about how my system recognises vitality or aliveness?**

**Prompt 3:**

**How does this version of me differ from the identity I usually operate through?**

**Prompt 4:**

**How does my nervous system behave in this state compared to when I am under pressure?**

**Prompt 5:**

**What does my relationship with time in this state reveal about how I experience coherence?**

**Prompt 6:**

**How do I relate to others differently when I am in this state?**

**Prompt 7:**

**What patterns most often pull me away from this state?**

**Prompt 8:**

**How do I tend to compensate when I am disconnected from this version of myself?**

**Prompt 9:**

**What subtle distortions emerge when I remain disconnected from this state for too long?**

**Prompt 10:**

**What conditions reliably support my return to this state of coherence?**

**Prompt 11:**

**What happens to this inner structure when life becomes demanding or uncertain?**

**Prompt 12:** The Organising Pattern (Integration)

**Taken as a whole, what core organising pattern underlies the state where I feel most like myself?**

## **From Reflection to Integration**

You've now explored a single moment of self-recognition from multiple angles — how you recognise aliveness, how your identity shifts when performance drops away, how your system regulates in coherence, and what pulls you out of alignment.

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 or conclusion.

It is a mirror — one that allows the organising structure of your inner truth to be seen, felt, and recognised.

There is nothing to fix here.

Only something to understand.

### **Prompt 13:** *Your Soul, Mirrored*

**Based on everything we've explored together so far, please create a short reflective book that mirrors how my inner truth structures itself.**

**Write in a Jungian reflective style — grounded, precise, quietly humane, and observant. Let the writing feel reflective 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: structurally honest, occasionally subtle or lightly surprising, helpful for recognising how I organise around authenticity and alignment.**

**You may include new interpretations where they naturally arise, as long as they are clearly grounded in what has already been expressed. The book should help me recognise the organising structure of my inner truth, rather than explain it away.**

**At the end of the book, please include:**

- **a few simple practices that support alignment with this inner structure**
- **a small set of reflective journalling prompts that help me notice when I am in — or out of — coherence**

## **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:** The Inner Compass

**Rewrite this book as if it were a quiet compass speaking directly to me. The tone should be steady, grounded, and calm — not dramatic or mystical — simply pointing toward coherence whenever I drift.**

### **Prompt 15:** The Quiet Witness

**Rewrite this book from the perspective of the part of me that has always known who I am — even when I was performing. The tone should be observant, restrained, and deeply familiar.**

### **Prompt 16:** The Coherence Map

**Rewrite this book as if it were a map showing where my energy flows naturally and where it tangles when I move away from myself.**

### **Prompt 17:** The Version of Me at 80

**Rewrite this book from the perspective of me at eighty years old, looking back — not giving advice, but noticing when I was aligned and when I drifted.**

## **A Gentle Invitation**

This reflection is only a starting point.

It offers a glimpse into how your inner truth structures itself when performance drops away — where coherence feels natural, where it fractures, and what pulls you in or out of alignment.

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 internal structures either support or disrupt that alignment.

Rather than analysing isolated experiences or pushing through resistance, the program focuses on working with the deeper patterns that shape: where you feel authentic, where you override yourself, where integrity bends under pressure, and how coherence can be restored without force.

The aim is not to reduce the internal split — so your energy can reorganise naturally around what already feels true.

If this reflection has helped you recognise patterns of alignment or drift, the next page offers a single prompt to explore whether working more deeply through the Program would support that integration.

**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](https://chat.openai.com)

### **On a phone**

- Visit [chat.openai.com](https://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.