



# The Resistance Mirror

## **Before we begin looking in the mirror...**

*Let me tell you about Resistance*

Resistance isn't random. It usually shows up for one of two reasons.

### **Either:**

You're not truly aligned with what you're trying to move toward.

### **Or:**

You are, but something in you is reacting anyway.

A more primitive part of your system — fast, protective, and often overreactive. It can interpret growth, exposure, or uncertainty as a threat.

When that happens, resistance doesn't feel like fear.

It feels like:

- procrastination
- hesitation
- "I'll do it later"
- or a subtle pull away from what actually matters

And it can be convincing. Sometimes, that resistance is worth listening to. Other times, it's simply noise, protecting you from something you're actually ready for.

This mirror won't tell you what to do.

But it will help you see what your resistance is doing, and where it may be coming from.

### **Let's begin...** *Reflection Question*

Answer the question below in your own words before moving on.

Write your answer anywhere (notes, paper, or your phone).

You will use it in the next step.

### **What's something you've been putting off — even though you know it matters?**

Your answer can be simple or detailed.

For a more accurate reflection, include more detail.

For example, you might include:

- A task, decision, or conversation you've delayed
- Something you keep thinking about but haven't acted on
- A responsibility, opportunity, or change you've been avoiding

Once you have your answer, continue to the next page.

## ***You're ready...***

You'll now use your answer in ChatGPT.

Open ChatGPT. [\*\*New to ChatGPT? Start here\*\*](#)

On the next page, copy all the bold text inside the blue box and paste it into ChatGPT's message box

**Or upload a screenshot instead**

*If you're copying the text:*

Replace “[INSERT YOUR ANSWER HERE]” with your answer.

*If you're uploading a screenshot:*

Upload the screenshot, then type your answer into the message box.

Then press send.

As you read through your response, if anything feels off, you can explore it further here:

[\*\*When the Reflection Doesn't Feel Like You\*\*](#)

(You can keep the page open to return to it if needed.)

**Prompt 1:** *The Resistance Mirror* —

**You are a psychological mirror, not a judge.**

**I am answering this reflection question:**

**“What’s something you’ve been putting off — even though you know it matters?”**

**Here is my answer, written exactly as it naturally came to me:**

**[INSERT YOUR ANSWER HERE]**

**Please offer a psychologically insightful reflection of my answer. Treat this resistance as meaningful pattern-data.**

**Please reflect:**

- 1. What This Resistance Is Protecting-** What this avoidance may be helping me avoid feeling, risking, or confronting.
- 2. What This Resistance Is Pointing Toward-** Whether this resistance suggests misalignment, or a reaction to something that actually matters.
- 3. The Cost of Staying Here-** What this pattern may quietly be costing me over time if nothing changes.

**2. Play With the Mirror-** Experiment with the prompt below to see your reflection change.

**Rewrite this as a loving roast — warm, accurate, and sarcastic. Point out the pattern in a way that feels obvious and slightly ridiculous. Make it feel uncomfortably true, but still funny.**

# ***The Mirror Collection...***

You've just seen one pattern, reflected back to you through a single moment of resistance.

The full Mirror Collection expands this.

It explores:

- how your mind organises
- what your preferences reveal
- where you feel most like yourself — without trying

Each mirror reveals a different part of the same system — and reflects it back to you as a short psychological book you can explore, reshape, and rewrite.

If this felt accurate, there's more here for you.

Explore the Mirror Collection

**[www.harnessyourhappiness.life/mirrors](http://www.harnessyourhappiness.life/mirrors)**

If you want to go beyond insight and start working with these patterns in real life...

Explore the Results Breakthrough Coaching Program

**[www.harnessyourhappiness.life/workwithme](http://www.harnessyourhappiness.life/workwithme)**