



Aimee Serafini
Connected Peaceful Relationships

The Mirror Technique™: 3 Steps to Self-Esteem & Confidence





I'm such a loser!
I always mess things up.
Why don't I follow through?
I'm so stupid.
I'm useless.

Do these thoughts go through your head? Do you beat yourself up for every mistake you make? And for every time you aren't perfect? Do you feel like you let yourself down?

You are not alone. So many women - my friends, my clients, myself - we all have this running judgment in our heads. Telling us when we could have done better - which is most of the time it seems.



Words that we would never say to our children, friends, or loved ones - we give free reign to say to ourselves, as often and as harshly as we can.

We generously give our loved ones leeway to mess up, but we don't allow ourselves.

I had a friend when we were baking pies the other day call herself a loser because the dish with the melted butter was too hot for her to hold. A loser? Because melted butter was too hot? Wow.

But I bet you have judged yourself as a loser for something similarly out of your control.

Maybe your career isn't exactly where a "perfect" woman's career would be, maybe your children have temper tantrums, maybe you have a stomach pooch, maybe your house isn't Martha Stewart perfect. And you



focus on all things that your life is not, and judge yourself for that.

I hear this time and again from so many women.

And it really is heartbreaking, because these are really wonderful women who give so much of themselves, but they still feel badly about who they are not. Where they've failed to become perfect.

Over the years in my practice as a relationship coach and energy psychology practitioner, I realized that in order to have healthy, fulfilling relationships with others, you need to have one with yourself. So I developed and refined a self-esteem practice for my clients, combining ideas and advice from many different sources (Louise Hay, Debbie Ford, Emotional Freedom Technique, my own), so that you could start letting go of the harsh



voices and negative loop in your head. And start feeling more positive and accepting instead.

BUT DOESN'T MY NEGATIVE TALK ALSO HELP ME?

But, you say, the negative talk helps me to be better, to strive for more! Really? So if that is truly the best way to motivate someone to do better, is that what you do with your loved ones?

Do you tell your children what losers they are when they don't make a museum worthy painting? Do you tell your best friend she looks fat? Thinking you will inspire them to paint better and lose weight?

No, you tell your children you are proud of them and you actually genuinely appreciate the painting for what it is.



You tell your friend that she has beautiful eyes and encourage her by cheering her on at the 5k walk.

You instinctively know that criticizing and belittling people only deflates them and discourages them. Makes them want to give up. Feel bad about themselves. Make them depressed.

But it's difficult to apply that logic to ourselves. Somehow WE are different, we DESERVE that kind of language. At least that's what it feels like. But what makes YOU different to everybody else in the world? Why is there an exception just for you???

There isn't. It's just a bad habit we get into and then find it impossible to break. But it IS possible to break - if you start a new habit specifically designed to replace it. Which is what The Mirror Technique™ was created for.



And I'm not saying that a bit of constructive feedback is never useful, just that constant criticism does NOT get results. In fact it is the opposite. It drags us down and prevents us from enjoying our lives.

So if it makes feel you bad AND it makes things worse, then it makes sense to reverse that - so that you can both feel good and start getting more of the results that you want, and enjoy them when you get them.

Plus, it feels good and is fun! ALL of my clients have reported they enjoy it.

HOW IS THIS DIFFERENT FROM STUART SMALLEY?

I love that Saturday Night Live skit too. "I'm good enough. I'm smart enough. And doggone it, people like me." 😊



And affirmations are great, and are incorporated in the technique, but in a different, even more effective way.

See first, and this is the step that is left out of so many self-esteem building exercises, you have to acknowledge the negative. I find most affirmations try to pretend that the negative doesn't exist. That's like painting over moldy walls, acting like there isn't even any mold. But the mold is still there, still growing, still making the air poisonous, but you just can't see it. You can still feel it's effects though.

So you need to acknowledge that there is negative. Let it out. And LOVE it. More on that later.

And then, yes, you will be giving yourself affirmations in the second step, meaning positive statements about yourself, but you will be coming at it from a feeling standpoint. Instead of focusing on what you are to other



people (and doggone it, people like me!), you will be focusing on how you want to feel about yourself. Once you can master that, you will find it reflected back to you in your life and relationships.

So give The Mirror Technique™ a try. The basic formula follows. Once you've got the hang of it, I encourage you to sign up for the advanced techniques that can be sent to you via email. If you received this e-book from my website directly, you will be automatically signed up to start receiving those in the next few weeks. If you received this document elsewhere, please visit www.aimeeserafini.com/themirrortechnique to sign up to receive the emails.

Have fun!



THE MIRROR TECHNIQUE™ Basic Formula

The mirror technique is pretty simple and easy to do. It can be done anywhere there is a mirror - your house, a car, the bathroom at work, even a handheld mirror works. I recommend at least in the beginning that you practice when you are alone. Here are the first two steps:

1. Make two lists (see worksheet at end, I recommend printing it out):
 - a. A list of the THINGS that you DON'T like about yourself. The more specific the better. You can write down "my body", but if there is a more specific reason, or a part you don't like that you find yourself staring at every time you look in the mirror, write that down, "my stomach is fat", "my breasts are too small/big", "I have eczema". Any



area of your life is fine. “I don’t clean the house as often as I should“. “I procrastinate.” “I snap at my children”. Write down anything that bothers you about yourself, that you judge yourself for. Stop when you get to 5 on your list. You can change them later, but choose the 5 things you are most critical about at first.

- b. Then you are going to rate how intensely you dislike this about yourself on a scale of 0-10, where 0 means you are completely at peace with it and never think about it, and 10 means you worry about it every day and it feel intense self-hatred about it. The purpose of the scales in both lists is to help you tune into exactly how much it is affecting you and also to give you a starting point to see how much progress you are making.



- c. Your second list is of how you would like to FEEL about yourself, if you could wave a magic wand. These are not task oriented, but emotion oriented. Things like Confident. Happy. Peaceful. Patient. Grateful. Sexy. Organized. Productive. (not things like a good cook, that's a job, not an emotion)

- d. Then you are also going to rate your intensity on a scale of 0-10 but this time where 0 means you totally already feel that way now, and 10 means you don't feel that way at ALL. So if you choose to feel confident, but you are already feel are a pretty confident person but could be a little better, maybe that'd be a 3. But if you no confidence whatsoever and can't even imagine having confidence, then it would be a 10. The goal with the ratings of both lists is to get them down to 0.



2. Stand in front of a mirror and while looking at yourself **IN THE EYES**, making eye contact with yourself, say the following:
 - a. I love you (name) .
 - b. I love you because (thing you DON'T like about yourself) .

WHAT??? You want me to say I love myself because my stomach is fat? Because I procrastinate? Because I am impatient with my children?? **WHAT???** I can't love myself for that! It's not true!!!!

Yes, I want you to love yourself **BECAUSE** of it. That may seem **FALSE**, but really think about it. Couldn't your "fat stomach" deserve love too?!? Imagine that you are your stomach, always feeling/hearing words of condemnation and ridicule. Never being appreciated for all that it **DOES** do for you. Because it does do a lot for you. Most of your



primary organs are there, that make your life possible. Your abdominal muscles make most of your movement possible. Even the fat is storing energy for you and protecting you from toxins. And if you gave birth, think what that area had to do to carry your child! It is doing the best job it can, and it deserves LOVE.

But procrastinating can't possibly be good! Yes, it can. Procrastination is your body/mind's way of protecting you from doing something that seems like it will be unpleasant or that the results will cause something unpleasant or uncomfortable. Your body and mind is trying to protect you! Doesn't it deserve love for that?

But I can't love myself for snapping at my children!!! Yes you can! You can love yourself for trying so hard to be a good mother. A bad mother wouldn't care if she snapped at her children. You are trying to do so much and your snapping is evidence of that. If you didn't have a care in



the world; all the time, help, and money you needed - do you think you would snap at your children? No, but because you are making things work, juggling so much, sometimes it gets to be too much and you snap. Or if you didn't care if they were misbehaving, that they could be turning into bratty kids, would you snap? You wouldn't say a thing. After all you don't snap at strangers' children in the supermarket. You snap BECAUSE you love your children, and that part of you deserves love.

And not only does every part of you deserve love, but if you do want to transform it - you need to let go of the resistance. The longer you resist what is, the more difficult it will be to transform. It's like you want to go through a door and you are pushing and pushing on it and it remains firmly shut. In order to open it, you have to pull it. But you can't pull it open until you stop pushing. Once you let go of the pushing and resenting that this



door can't be pushed open, you have the space to pull it open.

So it's just like when you hate something about yourself, you are resisting having it, not accepting it, and you aren't giving yourself any space to transform it.

So give yourself some love and acceptance instead of the judgment and resistance, and see how much space you open up for yourself for real change.

That's the first part of the technique. Loving yourself because of it. I recommend repeating each statement at least 5 times. And saying it with real emotion, looking into your own eyes, focusing on yourself, not reading it off the page. Once you let go of the negative, you give the positive statements room to set up shop.



And yes, the mirror is an important part of the process. You could just say the words to yourself in your head while lying in bed, but saying them out loud, looking in your eyes, is a much deeper connection with yourself. More powerful. You can't just gloss over it like you can in your head. Try it both ways and you will see what I mean.

The second part is similar, but you are going to name the EMOTIONS that you want to feel. It's important that the list is not focusing on specific result or behavior, but on a specific feeling. That means you are open to it showing up in whatever form it arrives.

Looking at yourself in the mirror you will say:

3. I am (name of chosen emotion) . I love that about myself.



Example: I am a confident woman. I love that about myself.

I also like to mix it up a little like: I love how confident I am. I feel so confident, and it feels great. I love being this confident woman and letting all my natural confidence out. I love feeling confident when I am at work, when I'm with my children. I love how it lifts me up and inspires me. Because I totally deserve to be confident.

Again, I recognize this probably doesn't sound true for you, YET. That's okay, just say it anyway. Because the truth is, those qualities ARE inside you. They either just aren't recognized and appreciated when they are on display, or they are "told" so often that they don't exist that they go in to hiding. Encouraging yourself to recognize your good qualities will bring them out in the light and let you begin to enjoy them in full force.



I like to add in the part that “I love that about myself”, because even though it sounds like a no-brainer that you want that for yourself, that you want to feel attractive for example, we still often have unconscious resistance to feeling that way, because it doesn’t feel safe. It might feel like bragging, or thoughts of who do you think you are? So I like to wrap it in love so I’m sending the message that it is safe.

THAT’S IT!

That’s the mirror technique! I seriously look forward to this every single day, and ALL of my clients enjoy it too.

You might feel a little silly at first, so definitely start in privacy. But once you get going, you will notice how good it feels. How good it feels to be loved and to visually see yourself giving love and acceptance to yourself. And that love and acceptance will spill over



into your other relationships as well. You will start to feel loving and accepting in general.

At first you might feel some resistance to loving and accepting yourself. That it's somehow wrong to do so. That's okay, and that's normal. You could even add that to your list and say something like "I love myself for struggling with this exercise"!

Just be patient with yourself and trust the process. You will be amazed at the change. And also be pretty impressed with yourself that you have the power to change how you feel and realize you are in control.



TIPS

Here are some tips to get the most out of it:

- Have a routine where you do this each day at a certain time. This is important to get in the habit. Some clients do it in the bathroom when they are getting ready for the day.
- Most clients like to do it in the morning, as do I. It sets you up nicely for each day.
- I recommend at LEAST five minutes each day. Set yourself a timer (on your phone?) so that you commit and don't get distracted. If you can do 10 minutes, that's even better. I do about 15 minutes myself. Split the time evenly between the second and third steps. If you have more time, just keep repeating your sentences to fill the time.



- I also like to get creative with it. Say out loud why that part of me deserves love. Like I did with the stomach in the example above. And how I deserve love and acceptance in general. And the people around me deserve a wife/mother/sister/friend that loves herself. That's just fun for me, and you don't need to do that to get the benefit. You can easily stick to the script. But if you want to improvise along that theme, go for it.
- Review your lists every few weeks and at least once a month and re-rate the number. Sometimes we let go of the resistance to one thing and another pops up. Or we feel pretty good about one emotion and want to start incorporating something else.
- You will probably be surprised how intense the numbers are to begin with and how much they change with the practice, and it's a very encouraging and motivating statistic to keep track of, so I really



recommend you rate them and reassess as time goes by.

- Keep your lists. Sometimes we think we have processed something and it comes back later, so it's good to review where you've been to see if you might need to do some maintenance on something from months ago.



The MIRROR TECHNIQUE™ Advanced

There are also some advanced techniques you can do once you get the hang of this. I will provide those to you in follow up emails as well as encouragement to continue your practice. If you did not receive this e-book via email from me, sign up for the support and advanced techniques at themirrortechnique.com.



WORKSHEET

Things I don't like about myself

Rating (0-10)

1. _____
2. _____
3. _____
4. _____
5. _____

Emotions I would like to feel about myself

Rating (0-10)

1. _____
2. _____
3. _____
4. _____
5. _____



PHRASES

Stand in front of a mirror and while looking at yourself IN THE EYES, making eye contact yourself, say the following:

1. I love you (name) .
2. I love you because (thing you DON'T like about yourself) .
3. I am (name of emotion you'd like to feel) . I love that about myself.