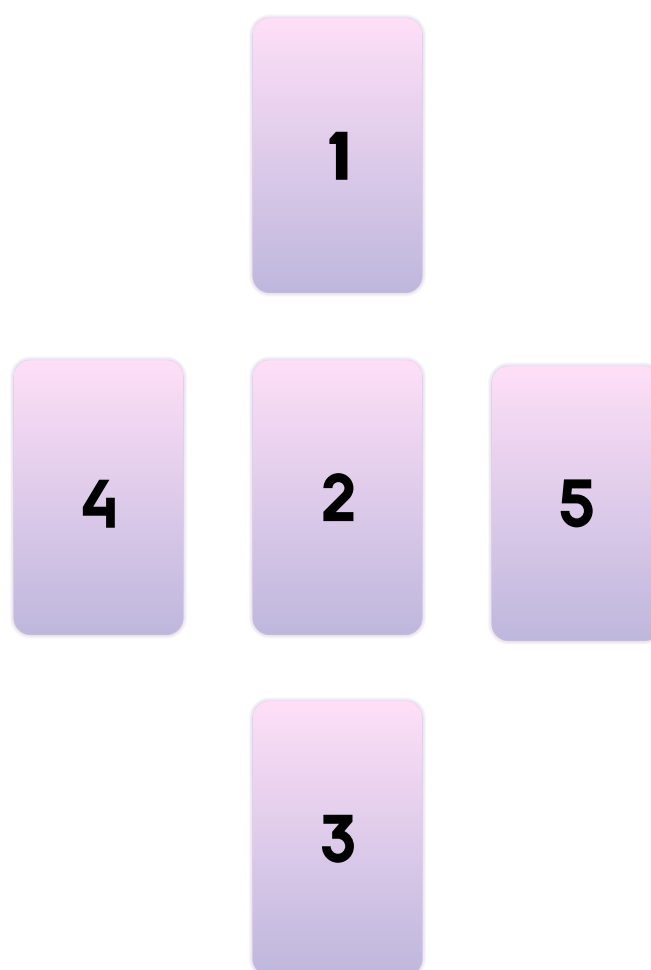


Cleaning the Mirror

For when self-criticism clouds how you see yourself. This spread helps you notice what's fogging the mirror, clear it away, and reveal the true reflection beneath.



Positions:

1. **The Fog** - what is clouding how I see myself right now
2. **The Streaks** - old judgments or beliefs that leave streaks on how I see myself
3. **The Cloth** - the resource or practice that helps me clean away some of the grime
4. **The Shine** - the strength or beauty I glimpse in myself as the mirror begins to brighten
5. **The Clear Surface** - what becomes clear as I see myself fully

Journal/Reflection Prompts:

1. What part of me longs to be seen more truthfully? What part of me is waiting to be celebrated, not just accepted?
2. How has my self-image been shaped by the voices of others, and what qualities in me remain constant even when the mirror feels fogged or distorted?
3. What is my favorite part of who I am right now, and how can I honor it more openly?