

Who I Am And Can Be: The Magic Mirror

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Purpose:

This activity will use a children's mirror story to help the participants explore their own self-image. Following hearing a children's story about the self reflected in mirrors, there will be dialogue. The story will hopefully promote understanding of how self-image is developed, what it means, and how a participant may want to change their self-image, if they do.

Materials Needed:

The Mirror Story:

Every little child in the town of Oakville had a special mirror, except Sidney.

Little Rose had a delicate, round, pink mirror with rosebuds along the side. When she looked in it, if she cried the mirror cried and reflected her small tears. If she laughed, the mirror laughed with her, reflecting the joy of her smile and the brightness in her eyes.

Sidney did not have a mirror. He was sad, but he could not see his tears.

Timothy had a mirror shaped like a football. His father was a football fan and wanted his son to play some day. Tim would make growling faces to his mirror and the mirror growled back. Tim was not sure he wanted to play football, but only his mirror knew that secret thought. If Tim were scared, he could look in his mirror and the mirror showed him what fear looks like. That was comforting to know the mirror understood.

Sidney felt no understanding. Sidney was lonely.

Margie had a mirror the size of a refrigerator. She could see everything. When she danced the mirror danced. She would dance and dance and dance. Sometimes Margie's mirror was too big and it scared her. She did not know if she could fill it up, but she would keep trying.

Sidney did not know how to dance, nor if he could.

Sam had a very small mirror that fit in his back pocket. Sam was a very private person and he had some hard times in his life, especially when his mother died and he was only 3. Sam would know his mirror was there if he needed. Sometimes alone at night in bed he would talk to his mirror and his mirror would talk back. That was comforting.

Sidney wanted a mirror. Any mirror!! A used one, a cracked one, one with rosebuds.

When he went to Rose and asked her where she got her mirror, she answered that she always had it and did not know where it came from. Timothy thought he got his from his father. Margie got hers from her wealthy grandparents, with whom she lived. Sam thought maybe he found his in his mother's room the day before she died.

So where can Sidney find his mirror?

As he was looking down at his feet, too sad and dismayed to believe he would ever find a mirror of his own, suddenly before him appeared a store he never saw before.

On the front of it was posted "Mirrors available here for free". Sidney went in. The name of the store was "Love.". Sidney found his mirror.

Procedures:

Let the participants know they will be identifying ways they have learned to see their selves and ways they would like to change how they view their selves.

Read the Mirror Story.

Process Questions and Follow-Up:

Help participants to talk about their own mirrors--who is it they see in their mirror and who would they like to see.

Ask them then to describe what their real and ideal mirrors might look like (a butterfly mirror, a big mirror, etc.).

Ask them to take home the idea of creating their mirror: the power to create the self from the inside.

Theoretical Rationale and/or Research Base:

The activity is based on a number of approaches. The Adlerian view looks how a person relates to the world according to his own interpretation of himself/or herself. The mirror is a sort of unity of self (Holism) which purposely interacts with the world (Social Interest and Significance). How the mirror is could be the lifestyle a person is choosing. Satir also viewed how self-esteem impacted relationships. Through family and self reconstruction, transformation to connect with others occurs. Rogers too, looked at the real versus the ideal self and congruence.

Limitations:

Be sure to allow time to process the story. Accommodate for persons who may not be able to physically hear the story. Adapt to those who may be from a different cultural background.

Practice Settings:

- ☒ College Counseling
- ☐ Counselor Education and Supervision
- ☒ Mental Health Agency/Private Practice Counseling
- ☐ Rehabilitation Counseling
- ☒ School Counseling