

# MIRROR MOMENTS MAP

Sometimes, group behavior reflects something back to us—a belief, bias, or emotional trigger we didn't know we were carrying. These are your "Mirror Moments." This self-reflection tool helps you track, unpack, and grow through the moments that challenge you most as a facilitator. Use it after a tough session, or anytime you notice yourself reacting more strongly than the situation seems to warrant.

## MOMENT THAT HOOKED ME

What happened?

Describe the situation or behavior that triggered a strong emotional or internal reaction.

## MY IMMEDIATE REACTION

What was my first instinct—emotionally, mentally, or physically?

What did I feel or want to do in that moment?

## BELIEF OR BIAS UNDERNEATH

What assumption might I have made about the participant or group?

What internal narrative showed up—about them or about me?

## WHAT IT MIGHT BE REFLECTING

Is this behavior reflecting a value, insecurity, or past experience of mine?

What might it be mirroring back to me that I haven't fully explored?

## MY VALUES-ALIGNED RESPONSE

If I paused and led with care, curiosity, or humility—what would a values-aligned response look like?

## WHAT I WANT TO TRY NEXT TIME

How will I use this insight going forward?

What's a small shift I can make in my future facilitation?

**Reminder:** *Mirror moments aren't failures—they're opportunities. Every time you reflect with honesty, you deepen your impact and grow your presence as a facilitator.*