



**How to Tell What is Being Mirrored, and More Importantly, What to Do About It**  
**By Suzy Miller**  
**How to Tell What is Being Mirrored, and More Importantly, What to Do About It**  
**By Suzy Miller, M.Ed.,**

The most important level of mirroring is that which occurs at the personal or family level. This is significant because as we (parents, professionals, and supporters of the children) take

responsibility for what is “ours.” This not only assists the children in having an easier time in the collective emotional body, but also supports them in moving into a fuller expression of themselves in the world.

Simply stated, we know when a child is mirroring us because it bothers us A LOT! When we are being mirrored, we invariably lose our objectivity about the behavior and our mood usually changes for the worse on the spot.

However, we can use this mirroring for greater self-awareness by following the following procedure or something similar.

If we will acknowledge that a behavior triggers us the moment we’ve been triggered, as opposed to projecting our energy on to another, or making it about the child, we will have mastered a very important first step. In other words, when what is happening bothers us it is *ours* and NOT THE CHILD’S. Thus, acknowledging this is very important. On some occasions, and after a bit of practice, this step can be done on the spot, but most often we have to “address” the behavior in the way we typically do, and then go back to the inner work later.

Once we are on our own and have acknowledged that the behavior bothers us, we can ask, “How does that make me feel?” (Examples: “I feel helpless.” Or “I feel like I am not a good parent.”)

Then ask again”

“And how does feeling helpless feel?” (Example: “Like I am out of control.”)

“When was the last time you felt out of control?” (Example: “When I could not get my way as a small child.”)

“Is this feeling what was being displayed in the behavior of the child?”

If the answer is “Yes,” you just brought to consciousness something that was unconscious, and now the behavior within the child will most likely change or stop.

If that is NOT the behavior, or there is still energy around the behavior, dig a little deeper and complete the process again until you reach that “Aha” moment.

There are several formal processes that support getting to the unconscious emotional body. My preferred formal method is the book, “The Presence Process” by Michael Brown!

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