

HEALING & RECLAIMING



A Body-Neutral Mirror Practice for Getting Dressed on Difficult Mornings



A PRACTICAL COMPANION TO THE GUIDE

Build a getting-dressed routine around comfort, function, and choice, with neutral language, clothing adjustments, and a practical reflection workbook.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01

Describe today's activities

List two or three actions your clothing must support, such as sitting, carrying, walking, or changing temperature. Add any actual dress requirements. Keep the list factual. This gives you a reference when an outfit feels uncertain: does it meet the needs of the day? You can decide that it is suitable without resolving every thought about appearance.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Prepare two usable options

Write down two outfits that fit your current body and today's activities. Include shoes and a layer if they matter. Check whether the garments are clean and available. Choose one default option for mornings with little decision capacity. The goal is dependable access to clothing, not a capsule wardrobe that creates another standard you have to meet.

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EXERCISE 03

Translate one judgment

Record a recurring judgment only if writing it is useful. Beside it, translate the practical part into neutral language: tight waistband, rough seam, unwanted exposure, or unfamiliar silhouette. If there is no practical part, label it a difficult thought rather than a dressing instruction. You do not need to debate or believe the thought to continue with the task.

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EXERCISE 04

Check movement and comfort

Try sitting, bending, or another movement relevant to your day. Note one adjustment that would help. Change the garment or layer if available. Avoid turning the movement check into a prolonged inspection. A useful result is specific and finite: a waistband does not press when seated, shoes allow walking, or a sleeve stays clear of the work you need to do.

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EXERCISE 05

Choose your mirror endpoint

Decide what information you need from the mirror and when the check ends. You can choose no mirror at all. Write an alternative for the urge to restart, such as moving to breakfast or asking a narrow practical question. This field is a plan for completing a task, not a rule you should use to punish yourself if the morning is difficult.

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EXERCISE 06

Name the next ordinary action

Write the first task after dressing and the item you need for it. Place that item nearby if helpful. Add a brief sentence you can use without forced positivity, such as "This outfit lets me get through today's activities." Let the routine end with movement into the day rather than another assessment of whether you feel sufficiently confident.

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