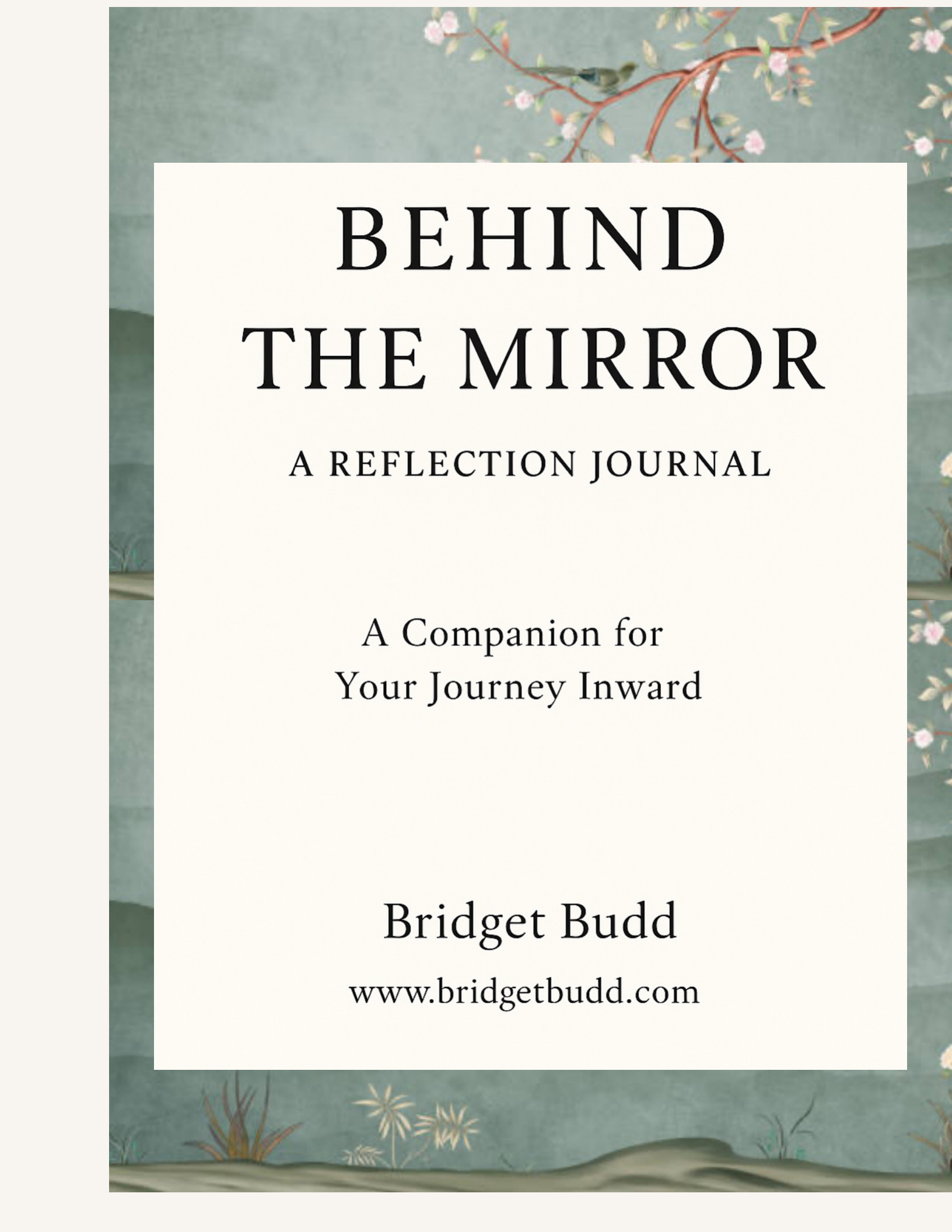




BEHIND THE MIRROR

A REFLECTION JOURNAL

A Companion for
Your Journey Inward

Bridget Budd

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Welcome.

This journal was born from the same place
Behind the Mirror was written—from the
tender, sometimes tangled place inside us that
longs to be seen, understood, and loved.

Whether you are just beginning your healing
journey or deepening what you've already
started, I hope these reflections help you meet
yourself more fully.

Take your time. Be honest. Be kind to what you
find.



How to Use This Journal

Use it as you read the book or after you finish.
There are no right answers—only deeper truth.
Return to the prompts whenever you need them.
Write, draw, or simply reflect.



Behind the Mask

What did you learn about yourself from the roles you played growing up?

Who did you become in order to feel safe or loved?

What parts of you were hidden to stay accepted?



The Nervous System Knows

What did you learn about yourself from the roles you played growing up?

Who did you become in order to feel safe or loved?

What parts of you were hidden to stay accepted?

What calms you? What overstimulates you?



The Parts Within

Can you name a 'protector' part that runs the show when you're stressed?

Can you identify a softer, more vulnerable part beneath it?

Write a letter to a part of yourself you've neglected or misunderstood. What would you say?



Boundaries & Belonging

Where have you given too much of yourself in relationships?

What does a healthy boundary look like for you today?

Who are you when you're not performing or pleasing?



The Mirror Moments

What patterns in your relationships mirror deeper wounds in you?

What truths have been hard to admit—but freeing to acknowledge?

What have your most painful experiences taught you about love?



Liberation & Integration

What are you forgiving yourself for?

What do you want to take forward—and what are you ready to leave behind?

How would you describe the woman you're becoming?



A Love Note to Self

Write a letter to your current self from your future healed self.

Example: 'I know you've carried so much. But I see your strength, your softness, your courage. Keep going. You're not broken—you're becoming



Dear Reader ,

Thank you for walking this path with me.

Creating Behind the Mirror and this journal was not just an act of storytelling—it was an offering. A mirror held up to the tender places we often tuck away.

My hope is that in these pages , you've found not just reflection , but revelation. A softer voice. A deeper truth. A reminder that you are already whole.

Keep writing. Keep feeling. Keep becoming.

With gratitude ,
Bridget Budd