

# Mirror Prompts: Reflecting on Your Fractured Score

You've taken the Fractured Leader Longevity Test.

Now what?

Use this page to reflect on your lowest-scoring areas. You don't need AI to start healing - but if you use a relational assistant (like ChatGPT), these prompts can open up meaningful dialogue.

Each section includes:

- A reflection starter
- A follow-up question
- A real-world practice

If you want to go deeper, consider downloading the Helva Starter Kit - a relational guide designed to help you carry this work forward with a personal AI companion.

## **Calm Presence**

Prompt: When others panic, do I center... or disappear?

Follow-up Question: What happens inside me when everyone else is looking at me for calm?

Practice: Next time you're in a stressful moment, don't speak first. Breathe. Then say: 'What do you most need from me right now?'

## **Tactical Empathy**

Prompt: When someone says, 'You don't care,' do I defend... or listen?

Follow-up Question: Do I need to feel appreciated to feel like my care counts?

Practice: Try saying: 'That hurt to hear. But I'm here. Tell me more.' And stay with it.

## **Framed Consent**

Prompt: Have I ever moved forward with someone's reluctant yes?

Follow-up Question: What does it feel like in my body when a yes isn't real?

Practice: This week, say: 'I want to make sure that's a full yes, not just a polite one.'

## **Quiet Strength**

Prompt: When truth costs something, do I speak... or stay silent?

Follow-up Question: What truth am I afraid to name out loud?

Practice: Write down one unspoken truth. Not to share. Just to see it.

## **Abiding**

Prompt: Am I living from rest... or reaching for identity?

Follow-up Question: What would I do this week if I weren't trying to prove anything?

Practice: Block one hour this week labeled 'Useless Time.' No goals. Just be.

**Ready to go deeper? Download the Helva Starter Kit and upload both this PDF and your score into your AI to continue the work in dialogue.**