



BAŞİRAH CARE

Helping you navigate your fiqh, feelings, and the spaces in between.

MIRRORING THE SELF

A guided reflection on the person others meet and the person you experience within

Purpose of this worksheet

We can sometimes experience a gap between how we appear to others and what is happening inside us. This worksheet invites you to notice both sides with curiosity rather than judgment, and to consider where greater honesty, balance, and alignment may be helpful.

How to use it

- Complete the Outer Self first: think about the version of you that other people usually encounter.
- Then complete the Inner Self: focus on your private thoughts, emotions, hopes, worries, needs, and values.
- There are no correct answers. Write or draw whatever feels most accurate to your experience today.
- When both are complete, use the reflection questions to explore similarities, differences, and possible areas for growth.

Before you begin

Three words that describe how I feel about myself today:

What I hope to understand better about myself through this exercise:

Take your time. The aim is awareness, not a perfect picture of yourself.



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PART 1 • THE OUTER SELF

How I Think Others See Me

Think about how you tend to present yourself: your behaviour, roles, personality, strengths, habits, appearance, and the expectations you feel others have of you.

Use words, short phrases, symbols, or drawings.



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PART 2 • THE INNER SELF

How I Experience Myself Inside

Think beyond what people can easily see. Include emotions, private thoughts, fears, dreams, needs, values, insecurities, hopes, and parts of yourself you may rarely express.

Use words, short phrases, symbols, or drawings.



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PART 3 • REFLECTION

Look at both mirrors together before answering

1. What stands out when I compare the two versions of myself?

2. Which qualities appear in both my inner and outer self?

3. What parts of me do I show easily to others?

4. What parts of me do I tend to hide, minimise, or protect?

5. When does the gap between my inner and outer self feel most noticeable?

6. Does the way I present myself feel authentic to me? Why or why not?



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PART 4 • MOVING TOWARD ALIGNMENT

What do I wish the people closest to me understood better about me?

Which inner quality would I like to express more openly?

Is there a role, expectation, or image I feel pressured to maintain?

What might become easier if I allowed myself to be more honest about what I feel or need?

One small, safe way I can bring my inner and outer self into better alignment this week:

A final check-in

After completing this worksheet, I notice...

Something I may want to discuss further in counselling is...

Başîrah begins with seeing more clearly.