WHAT DID THE MIRROR REFLECT BACK TO ME?

As you did the exercise "Receiving the Positive Reflection" (p.75), you saw an image of your confidant in the mirror. The confidant is someone or something you can confide in who has confidence in you. This person or entity doesn't judge you or criticize you. It supports and encourages you.

Who or what was this image (a friend, parent, sibling, spiritual entity, pet)? This is your confidant. Record who or what this was on the line below: