

Narrative Mirror Companion Guide — Module 2 Support

Welcome to ✧ Narrative Mirror — your story reflection assistant inside the Repatterning System.

This guide is designed to support Module 2: Narrative Disruption, whether you reflect manually or use AI. Both approaches are equally valid — clarity can emerge from structure or stillness.

This guide helps you use Narrative Mirror in two ways:

- With GPT-4 (ChatGPT Plus) — via our custom GPT
- With GPT-3.5 or manual reflection — using structured prompts

Both paths are equally valid. Narrative Mirror is here to help you pause, see clearly, and navigate patterns — not perform.


✧ What is Narrative Mirror?

Narrative Mirror is the identity-facing mode of LoopLens. It helps you:

- Surface the emotional logic behind self-repeating stories
- Gently reinterpret beliefs without rushing change
- Explore the internal purpose your story may be serving

You're not here to fix anything — you're here to see clearly.

OPTION 1: Use GPT-4 (ChatGPT Plus)

 Launch the GPT: [Open LoopLens GPT Link](https://chatgpt.com/g/g-683a1d2c15c48191ab9311d3930304c7-loopens) | requires being logged in to Chat GPT Plus
Raw Url: <https://chatgpt.com/g/g-683a1d2c15c48191ab9311d3930304c7-loopens>

What you can say:

- "Here's a story I keep telling myself: [insert]. Can you help me unpack it?"
- "I think this story is protecting me from something — can you help me explore that?"
- "Can you offer a version of this story that's softer but still true?"

GPT will respond in ✧ Narrative Mirror mode with:

- An emotional echo (what the story seems to carry)
- A neutral-to-kind reframe (optional)
- A micro-action (a step this story might not usually allow)

Note: This tool is for reflection, not therapy. You're always in control. If something feels off, you can pause, edit, or ignore any suggestion.

OPTION 2: Use GPT-3.5 or Manual Prompts

The same kind of insight is available with structured questions. You can journal or use any GPT to reflect:

✧ Narrative Mirror Prompts:

- “This belief keeps looping: [insert]. What role might it serve in keeping me safe?”
- “What emotions or actions does this story prevent me from expressing?”
- “What would I say to a friend who believed this about themselves?”
- “Is this story outdated, or is it still helping me?”

Use these gently. Reflection is powerful work — go at your own pace.

A Few Reminders

Field Signals

- Stories often begin as safety protocols. Sometimes, they outlive their purpose.
- You’re not deleting your history — you’re opening space for revision.
- A reframe isn’t a rewrite — it’s a second lens, not a replacement.

If something feels foggy, that’s data too. Stay with the sensation — not everything needs to resolve to shift.

With care,

— The Repatterning System
