START HERE

Your Next Panel

A short M.A.S.K. reflection workbook
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A story can give you a way to ask a useful question about your own life. Choose what resonates, question what does not, and leave with one action you can actually try.

M - Mirror: What do I recognize?
A - Aspiration: What am I becoming?
S - Shadow: What complexity do I need to face?
K - Kinetic Drive: What moves me into action?

Use this your way. Allow about 20-30 minutes, or complete one page at a time. Type into the boxes and save a copy, or print and write by hand. Keep your responses private unless you choose to share them.

What would I like to understand or move toward?

Choose one story and one specific moment.

Use a fictional character, an original figure, or an ordinary event. Note the version, scene, setting, and relevant cultural context. No character knowledge is required.

You set the limits. Skip any prompt, choose a lighter example, or stop. You do not need to disclose painful experiences. This is educational, nonclinical reflection - not a diagnosis, personality test, or validated assessment. Liking a character does not establish who you are.

01 / MIRROR

What do I recognize?

Start with the actual scene. Then decide what, if anything, connects with your experience.

What actually happens in the moment I chose?

Describe actions and words you can point to. Keep story facts separate from your interpretation; mark anything you are unsure about.

What context changes how I understand the scene?

Consider relationships, power, choices available, culture, representation, and belonging. Whose perspective does the story leave out?

What do I recognize in myself, and what does not fit?

You might recognize a value, reaction, role, hope, or sense of belonging. Give one ordinary real-life example. A resemblance does not make you the character.

Example: A character asks for help after trying alone. I recognize my habit of waiting too long to ask. Our situations are different; the useful connection is the choice to seek support.

02 / ASPIRATION

What am I becoming?

Choose a quality you value and describe how you want to practice it in your own circumstances.

What quality or value do I admire here?

Name the quality in your own words. Separate it from fame, powers, status, appearance, or an outcome outside your control.

What would that quality look like in my everyday behavior?

Choose something observable. For example: asking a clear question, keeping one promise, listening without interrupting, or setting a respectful boundary.

What version of this quality fits my life and capacity?

Consider your responsibilities, resources, relationships, and limits. What part of the story would you choose not to copy?

Finish this thought: I want to practice _____ because _____.
A quality can be a direction to explore. You do not have to adopt a new identity to try it.

03 / SHADOW

What complexity can I face?

Choose a manageable tension. You decide what it means and how deeply you want to explore it.

Shadow can include conflict, contradiction, fear, vulnerability, or a pattern you want to examine. It does not mean that you are bad, broken, or secretly like a villain.

What tension or contradiction do I notice?

What does the character or person want, and what makes the situation difficult? Consider pressures and consequences before drawing conclusions.

Is there a small, present-day parallel in my life?

Name only what feels useful. You can also write: "This does not connect with me." Avoid treating a story as proof of a hidden motive.

What response would better reflect my values?

What is within my control? What support, boundary, or different perspective might help? Understanding a behavior does not require excusing harm.

Lower-intensity option: Reflect on an everyday frustration, such as postponing a task or avoiding a simple request. You can leave this page blank and continue.

04 / KINETIC DRIVE

Turn insight into an experiment

Use P.A.N.E.L. to move from a story to one feasible action. Treat the result as information.

P - Perceive: Record what actually happened in your selected scene (page 2).
A - Analyze: Consider motives, agency, relationships, values, and context.
N - Name: State your meaning and a real-life example; revise anything that does not fit.
E - Experiment: Try one small action using the plan below.
L - Live the Next Panel: Observe what happens and review on page 6.

My value and my goal

Value: What matters to me? Goal: What small change would express it?

My behavior, cue, and timing

I will [observable action] when [specific cue], by/on [date or time]. Owner: me. Make the first attempt small enough for your current capacity.

My obstacle, support, and smaller fallback

If the main action is too much, what smaller version can I try? What person, tool, or practical support could help?

My observable success signal and review date

What will show that I tried the behavior? When will I look back? Choose a signal within your control, not another person's reaction.

05 / LIVE THE NEXT PANEL

Notice. Learn. Revise.

Return after your experiment. An attempt, a change of plan, or a decision to pause can all give you useful information.

What did I actually do, and what happened?

Separate observations from assumptions. If you did not try the action, note the obstacle without judging yourself.

What helped, what got in the way, and what will I adjust?

Continue, make the action smaller, choose a different action, or stop. Review the behavior rather than grading your worth.

My Character Constellation

A brief summary in your own words. No scores, fixed labels, or outside interpretation required.

Mirror / Aspiration / Shadow / Kinetic Drive

What I recognize / What I want to practice / Complexity I choose to examine / What moves me into action. Include a correction or something that does not fit.

One optional next action, and when I will review it

Keep your reflection, revisit it, or let it go. For more free resources: thenomothete.com/pathways/
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