

The Orthodox Mirror Exercise (Assessing Values)

Level 4 and above — Ask the students to bring to class a double mirror (preferably one that opens like a book, with the mirrors on each side, or one that flips over) Ask the students to pretend that they are looking into a two-sided mirror. One side is your "Orthodox Mirror"— the other side is your "World Mirror." As you look into each side, what do you see? (You can put a small tape on each mirror with the names on them as a reminder.) See also *Personal Value Inventory* (*For Journal Writing*).

Answer the following questions:

1. Who do you see on each side?
2. Are you the same person, or different for each side?
3. How are the two reflections the same? Different?
4. How do these two influences shape your Values? Behavior? Beliefs?
5. In what kinds of circumstances is one side stronger?, or weaker?
6. To what extent does my Orthodox faith and practice determine the "real" me?