



Dear [Name],

Thank you for your trust and for sharing something of yourself with me.

Your Red Mirror

There is an open, curious and playful energy within you. You enjoy exploring what comes your way and giving new possibilities a creative form. Humour and lightness are part of this. They open up a fresh perspective and reveal what might become possible.

You have the ability to look again at what has taken shape. In doing so, you begin to see what still needs attention, what may need adjusting and what continues to feel right. A sense of wonder plays an important part in this. It keeps you open to what is new and feeds your vitality. Long periods of seriousness and the pressure to get everything right can push that liveliness into the background.

There is something grounding in becoming clear about what truly matters to you, even when you cannot yet see the whole path ahead. Growth is already happening before it can be fully seen or felt. There is also a warm strength in trust, connection and presence, which can make others feel seen. For me, the foundation of this mirror lies in looking again, staying curious and clearly recognising what truly matters. This creates space for something new, while preserving what is valuable to you.

When the joke stays inside

There is lightness and humour in the way you connect with others. At the same time, there can be a moment when you first consider whether to share a joke, a thought or a comment. As soon as things become more personal, that natural freedom can become more restrained.

That lightness itself reveals something that wants to be seen. It is about more than simply having a good time. Within that freedom lies the space to remain present when something truly matters to you.

Staying close without making yourself smaller

Your longing is deeply connected to connection itself. You want to be seen and heard. When you expect criticism, judgement or distance, you may adapt and allow your own views to move into the background. In your contact with others, what they need or expect can therefore be given more room than what matters to you.

Your need for connection is real. At the same time, expressing your own boundaries, needs and direction can touch upon the fear that the connection itself may come under pressure. This brings an essential question closer: can staying connected and staying fully present exist side by side? Being seen and heard touches the very connection that matters so much to you.

Between direction and control

Your creativity can lose space when you spend too much time thinking things through and making yourself smaller. The way others may see you begins to carry more weight, and your own place can become smaller than it truly is.

Focus gives direction when you distinguish between what genuinely matters and what matters less. When certainty starts to feel necessary before you allow yourself to be seen, direction shifts towards control and there is less room for your natural freedom. This touches your longing to be yourself. To remain more freely present when the outcome is still open and you do not know how someone else will respond.

What does not need to be finished yet

You would like to feel that you can fully be yourself, and you notice your impatience with that process. Yet movement is already there. You are allowing more of yourself to emerge, sharing more of your inner world and taking responsibility for what you do and how you act.

There is tension around growth that is still taking shape. The pressure for development to become visible quickly and without mistakes clashes with a process that cannot yet be fully seen or felt. Seriousness and perfectionistic pressure add extra weight to this. Yet in what you are already allowing and showing of yourself, that development can already be seen.

The light that is already there

There is a desire for quick results, alongside the awareness that steps are already being taken. Loving yourself, accepting who you are and showing more of your inner world offer something to hold on to.

What truly matters gradually becomes clearer. You do not need to see the whole path to recognise what is already there. Nor does the reassurance you are waiting for need to be complete before you can see the movement that is already taking place. There is movement, even when you long for greater speed and a stronger sense of completion.

Where space and connection meet

Taken together, vitality and care, connection and presence, growth and not yet knowing all come very close to one another. Your movement gains depth when you recognise what is already yours and allow uncertainty, judgement or incompleteness to make your presence less small.

Fully allowing yourself to be who you are and staying connected belong together. That is where your own presence is given room. It does not need to be proven first.

What can you do with this?

Notice the moments when a joke, thought or comment stays inside. What happens just before you decide not to say it? That moment can reveal how much space you give to someone else's possible reaction.

In a relationship or conversation where you easily make room for the other person, notice what happens to your own views. Do they remain present, or do they move into the background?

When you notice yourself searching for certainty for a long time before allowing yourself to be seen, look at which part genuinely gives you direction and where control begins to take over.

Take seriously the development that is already visible in you. Which steps are you already taking while still waiting for the feeling that everything is complete or finished?

Would you like to talk further about what you recognise in yourself after reading this mirror, and where you might go from here? You are warmly welcome to join me for a conversation in De Rode Camper.

Warmly,

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