



SHADOW WORK JOURNALING WORKSHEET

How do we find out what is hiding in our shadow self, that which we are not conscious of? And then, how do we acknowledge it and learn to love it?

WRITING PROMPTS:

1. When you think of your shadow self, what comes up? What are the parts of yourself you really don't want to talk about, much less, put into writing, because someone might read it? Write those down.
2. Now, list the qualities behind this (or these) shadow aspects. For instance, if you have addiction or money issues, maybe there is shame, guilt, or unworthiness behind it. Or if it is something like dishonesty, maybe the qualities underneath are fear and judgment. Spend time writing about what *could* be behind the shadow.
3. Now look at those qualities you listed. Recognize those as the undeniable human qualities that they are. Write and list the opposite of each of those. Step back out of yourself, and write a paragraph on how the polarity allows one to experience each of them. Each is necessary to experience the other.
4. What would you say to someone you *truly* loved who was experiencing this? Write that. Would you judge them? Would you love them? Would you be able to find love for them wholly and unconditionally, rather than *despite* the shadow aspect?
5. Now read number 4 back to yourself. Use that to write to yourself how much you love and acknowledge the whole of YOU. Unconditionally. This is all part of the whole of each of us. You are not alone. You are whole and this is the human experience, and every single person experiencing life in this form has it, too. Allow yourself to explore loving and accepting it all. This can ultimately mean freedom throughout your whole self!

Now, congratulate yourself for showing up and doing the work. That's all it is.

🌟 **Great job, rockstar!** 🌟

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