

Make a list of three negative and three positive characteristics of your primary caregivers who raised you. What is it you liked most about each caregiver? Do you have any of these positive or negative traits? Which ones? How do they manifest in your life?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

i am so worthy

Fear of Darkness

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

i believe in goodness

three

Memory Deletion

Is there a memory you have that you would like to delete forever? If so, what is it? How would deleting the memory of it impact your life today? How would you feel? Is there a second memory? Go ahead and share.

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i choose to focus on love today

Once you're done, go ahead and confront that shadow side. Let it know that those negative words are just words and they can't hurt you anymore or hold you back. Let it know that even if you are _____ at times, it's alright. You're also the opposite! (Lazy vs. Energetic, Shy vs. Assertive). Let it know you're growing more and more conscious of you as LIGHT, as GOODNESS, as PURITY, as WHOLE. Remind it that you're not your thoughts. You are a spirit created by Divine Intelligence, by God, wholly perfect and loved with unconditional love.

Mirror Work

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

i am waking up more every day

Six

Draw Your Shadow Side

Draw a picture of your shadow side. How do you see it? What kinds of thoughts, beliefs, emotions, traits do you think are in it?

Positive & Negative?

[illegible]

keep doing the work. it's worth it.

A Letter To Your Ego

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

eight

Maturity

Would you describe your behavior as mature? Are there times/instances when you feel you act immaturely? What would those closest to you say about your maturity level?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

i am growing on all levels

nine

Support Level

Do you feel supported by God? The Universe? Others? Make a list of those you know 100% you can count on if you truly needed something. If you find yourself lacking a support system, think about if you felt supported by your parents when you were growing up.

Could feelings of being alone, abandoned, or unworthy be lurking in your shadow? Can you picture what your life would look like with a fantastic support system? Write about what that would look like.

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ten

Relationship Toxicity

Do you have any unhealthy relationships in your life right now? If so, with who? Have you addressed the unhealthy aspects of this relationship with them? Do you feel they are solely to blame? What is it that you don't like most about these relationships? How do they make you feel? Can you see a pattern?

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i am ablaze with love

eleven

Admiration

What do you most admire in others? Why do you think that is? Do you see these traits anywhere in you?

"The most intense conflicts, if overcome, leave behind a sense of security and calm that is not easily disturbed" C. Jung

twelve

Energy Suckers

Describe a situation where you walk away feeling drained. Contemplate reasons this may occur. Then, write down some things you can do to address this situation. Can you avoid it? If not, can you address it by setting boundaries?

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it feels so good to shed layers

thirteen

Distractions

How have you been distracting yourself? In what ways? How long have you been distracting yourself?

What can you do to stop this behavior?

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i am staying on task. yay for me!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

i am aligned with love

fifteen

Persistent Negative Thoughts

What are the most common negative thoughts you think or speak about yourself?

Any idea where you picked up these types of thoughts/beliefs?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

shadow work is courageous

Sixteen

Judgments Against You

Do you feel like others judge you? If so, how? Do you feel like those judgments are true indications of who or how you are? How often do you judge?

A man who is unconscious of himself acts in a blind, instinctive way and is in addition fooled by all the illusions that arise when he sees everything that he is not conscious of in himself coming to meet him from outside as projections upon his neighbour. Carl Jung

seventeen

Insecurity

In what ways do you feel insecure? Are you insecure more with particular people?

If so, who? Have you always felt insecure?

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i am becoming more confident

Top Fears

Share a story surrounding them.

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i am peaceful. a gentle spirit.

Over-reaction

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i trust myself and my higher power

twenty

Safety Level

Do you feel that the world is a safe place? Do you feel safe? Where is it that you feel the safest? Why do you think that is?

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i am radiant

twenty-one

Belittled

Have you been belittled? Demeaned? If so, how did that make you feel? Share one experience when this happened.

How did you handle it?

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i am assertive when necessary

twenty-two

Conflict Resolution

When you find yourself in conflict with someone, are you a runner? Do you get out as soon as possible? Do you “ghost” people? Or do you stick around and try to work it out? If you’re a runner, who else do you know in your family that’s a runner?

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i am committed

twenty-three

Habits

Do you have a habit that could be causing negative issues or emotions in your life? Talk about that habit. When did you first pick it up? How do you feel about learning how to stop that negative habit?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

i am becoming whole

twenty-four

What's Your Enneagram Type?

What Enneagram type are you strongest in? Now, look at the unhealthy characteristics of that type and list what ones are active in your life currently. How are they showing up? Which ones have you overcome? Look at the healthiest level of your type. What traits are showing up?

How does it feel to know you can aspire to reach the highest level of traits?

Shadow work is helping get you there.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

twenty-five

Assessing Judgments

Take a few days to be mindful of any judgments you make about others. In what ways do you judge them? Do you find yourself giving them advice? If so, is this advice more for your benefit or theirs? Now, think about if what you are judging them for is present in you. Dig deep. At times, pointing fingers at others and judging them is actually judging a shadow part of ourselves that we've repressed, rejected, or hidden away.

i am healing

twenty-six

Worldview

Do you feel you are more concerned about yourself, others, or the world? One model of increasing consciousness discusses four stages:

Egocentric (I am most important)

Ethnocentric (My family/religion/tribe is most important)

Worldcentric (All humans matter regardless of race, religion, sexuality, etc.)

Kosmocentric (All humans, the planet, the cosmos I value and support the same.)

Where do you think you fit in the stages? Why do you think that?

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twenty-seven

Playing Big or Small

Do you think you play small or big? Do you minimize yourself or your potential? In what ways do you do each? When you play small, where do you think that originated? Did any of your parents play small? Where can you start playing “big” in terms of knowing your truth and purpose? Of acting on it?

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

i am co-creating a good life

twenty-eight

Feeling Hurt

Who is someone who has hurt you tremendously? How did they make you feel? Sit with that feeling for a few moments. Can you remember a time when you were young and felt that same feeling? If so, describe that situation. What is it that you'd like to say to that person who hurt you?

[illegible]

i am here to heal

twenty-nine

Love Without Conditions

Can you love others without conditions? Without judging them? Do you think people feel safe enough to be themselves around you?

Can you let them be them in the midst of their "stuff"?

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i am non-judgmental

thirty

Ho'oponopon Practice

The Ho'oponopon is a Hawaiian practice of self-forgiveness that can help you clear out negative thoughts toward yourself. There are four simple steps.

Center yourself and say, "I'm sorry. Please forgive me. Thank you. I love you." Go ahead and expand on this some in writing. Think about a way in which you judge yourself, sabotage, or neglect yourself. Write about it. Then, write out the Ho'oponopon prayer concerning those areas.

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i can and i am

thirty-one

Emotion Observation

Do you feel like an observer of your feelings? Or do you feel like you ARE your feelings? {I feel sad vs. I am sadness} {I feel angry vs. I am anger} {I feel shame vs. I am shame}

It is helpful to learn that we are not our emotions. We feel them, but as conscious spirits, we are NOT them. Write about how it would feel to be able to observe your feelings rather than fully feel them.

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i am determined

thirty-two

Suppressed Emotions

What emotions do you think you suppress regularly? Anger? Shame? Fear? Sit for a few moments and try to recall a time when you were young that you repressed emotions. Write down the situation, connecting with that emotion in your body. Practice feeling it, processing it, and breathe it out, letting it go.

[illegible]

i am letting go

thirty-three

Complaining

Make a list of your major complaints about others. Then, ask yourself what it is inside you that gets triggered by their words/actions. Fear? Worthiness? Lack of boundary setting skills? Trouble communicating? Pride? Envy?

By looking at what triggers us about others, we can learn a lot about what's lurking in our own shadow-side, bringing conscious light there in order to continue healing and growing.

[illegible]

i honor myself

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

i am content with what i do and don't have

thirty-five

Values

What do you value? What is important to you? How do you feel when someone doesn't value what you do? Share an experience where this occurred?

{Examples: someone lied to you, someone with poor work ethic, someone who is mean to others, etc.}

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i have values

Priorities

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i embrace inner transformation

thirty-seven

Inner Child Love

Find a picture of yourself as a baby or child. Consider framing it and putting it on your nightstand or somewhere in your home where you'll see it often. Use this picture as a symbol of your inner child who wants and needs you to parent him/her. Let it remind you that you truly are that precious baby/toddler/child and affirm your love for them daily.

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breathe. slowly. deeply.

thirty-eight
Shadow Monster

Close your eyes and picture your shadow side person in a dark cave. They're huddled in the corner in fear, not wanting your lantern to shine on them. They're dirty, and there are spiders and snakes all over the place. As you move closer, you notice how afraid your shadow side looks. Petrified. They don't want to be seen for the mess that they think they are.

Approach your shadow side with gentleness, compassion, and love. Let the light of your lantern reveal the truth – that your shadow side is clean, that the cave is but an illusion and you're both surrounded by white light. Sit beside your shadow side and put your arm around them. Comfort them. Let them know they are loved so much! That you'll never abandon them again. That it's safe for them to come out and get to know you. Enjoy life with you!

Write about the experience. How do you feel? How does your shadow side feel? How can this be a turning point for your life?

[illegible]

thirty-nine

Action

Is there something you know you should be doing but aren't? What is it? Make an action list of what you need to do to get it done, or at least start the process. Then, write how it feels to have done this task.

What could change in your life if you accomplish it?

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i understand the value of step by step

forty

Heroes

Who are your heroes? Why do you think you value them so much? Do you see those traits in you? Why or why not?

Were they there at one time and you've lost them along life's journey?

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i am my own super-hero

i am not my masks

i am doing great at being uniquely me

forty-three

Negative Words

Look at the following words. Circle the ones that you identify with. Then, either go to a mirror or envision yourself in front of a mirror and own those words. For example, if you circled "afraid", say, "I am afraid!" If you circled "selfish", say, "I am selfish!"

Repeat it over and over with conviction until you can say it and you don't have a strong reaction. The point of this exercise is that you can identify with a shadow part with the purpose of stripping it of its power over you. Remember that on the opposite side of each negative word, there's a positive. (Fear/Faith, Selfishness/Generosity) When you can integrate the repressed part, you'll experience more of the positive aspects!

aggressive aloof boring bossy clinging compulsive cruel deceitful dishonest greedy
impatient inconsiderate irresponsible jealous lazy moody narrow-minded
overemotional rude selfish stubborn timid unreliable untrustworthy vain vengeful

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forty-four

Competition

How do you feel about competition? Do you think it's healthy? Necessary?

Have you always felt this way?

Were you like this as a child?

[illegible]

i am going easy on myself

forty-five

A Letter to Self

Think about a time in your life that was quite challenging for you, where you aren't so proud of how you were in those moments. (Poor choices, addiction, mean, etc.) Take the time to write a compassionate and loving letter to that shadow part of you.

Be gentle, loving, and forgiving. Save the letter for times when you may need to encourage yourself.

i am evolving

forty-six

Diamonds in the Rough

Our shadow side may seem dark to us, but there are jewels to be found when we start digging around. Not all hidden aspects of our selves are “negative”. We may have repressed positive aspects too, such as artistic talent, sensitivity, confidence, etc. Parts that we repressed or split from as children may indeed be like diamonds in the rough. Keep doing the inner healing work. Bit by bit, in doing so, you’re integrating, coming together as a radiant, peaceful WHOLE person.

Write some affirmations down about yourself in various areas of your life. Write in present tense, such as, "I am peaceful throughout the day, trusting that God/Universe/Source has my back."

Smile as you write them! Feel positive, optimistic energy too!

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forty-seven

Victimhood

There's usually plenty of things that happen to us throughout life that could cause us to feel like victims. However, identifying with a victim mentality will likely keep you stuck feeling sad and powerless. Do you feel like a victim? That life is against you? If so, why? What happened?

Now, imagine you can fly. You can just think about rising up above the ground and it happens. Imagine you can rise above all those things that happened to you in life that caused you to feel powerless. You can soar above it and go on about your life experiencing more peace, joy, and love.

The thing is, you can rise above a victim mentality. It will require you to take full responsibility for your life today and each day after, including your emotions. Painful things may have occurred, but today, you are not powerless. You can be powerful in thoughts, beliefs, and actions.

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forty-eight

Anger Levels

What makes you really angry? Who are you around when you feel this anger? Write about the last time you felt really angry. What happened? Who was there? What kinds of thoughts were running through your mind?

Then, become curious. Ask yourself why you feel so triggered? What is it in that person that angers you? Do you think you can stop pointing your finger at them and instead look within? See what IN YOU is being triggered? Is it fear? Shame? Victimhood? Lack of boundaries?

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i am safe

forty-nine

Unmet Needs

Does anyone in your life ever call you childish? Do you feel like a child sometimes? Act in childish ways? If so, write about some unmet needs your behavior may be trying to get that you didn't get when you were a child.

For example, if you find yourself whining regularly, what childhood need went unmet? Were your caregivers attentive to your needs? Your wants? How can you go about getting unmet needs today without resorting to childish ways? (Asking for what you want or need, aligning with your truth, being honest with yourself and others, etc.)

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fifty
Life as Roller Coaster

Do you believe you should feel happy or peaceful all the time? Or are you alright with experiencing a roller coaster ride of emotions? We may have been taught as children that negative emotions weren't kosher, so we repressed them. We split from aspects of our SELF that threatened getting love from caregivers and society.

But now, as adults, we come to understand that it's alright to have negative emotions at times. Emotions are a guide and can teach us many things. Learn to become an observer of them. Sit with them. Let them speak to you. They'll tell you what you need to know about them, and about you.

Write a letter to yourself – your whole self, shadows and all. This letter is written to you just before you get on a roller coaster. What would you say to yourself to prepare for the ride? The incline? The decline? The loops? The emotions it might feel? Correlate this with life. What can you say to ease tension or negative feelings? To excite about positive experiences?

[illegible]

fifty-one

Underlying Stories

Think about your primary caregivers. Can you think of an underlying story that might have been running their lives? Hidden beliefs? These can be positive or negative.

Just start writing what comes to mind about Mom or Dad. For example, if Dad was addicted to alcohol, what kind of story do you think was running in his mind? *I can't do this. Life is hard. It's too hard to face these feelings. Life sucks. I suck. I'm a failure. I'm scared. Nothing ever goes my way. I'm worthless. Etc.* If Dad was happy and successful, it might be totally different. *I'm worthy. I'm diligent. I believe life is for me. I work hard. Things go my way. Etc.*

Take some time writing about Mom and Dad. Then, go through and see if you resonate with some of the underlying thoughts or stories. What are they? Look for the negatives and know that those are some of the shadows that may have been passed onto you. Acknowledge them and keep doing your own inner healing work to integrate them.

[illegible]

fifty-two

The Attraction Factor

If you've had romantic partners or have one now, what are some of the qualities that you found attractive about them? (If you haven't had a partner, what about a friend?) Make a list. Do you see a theme? What qualities do they have that you wish you had?

It's common to be attracted to those who express qualities that we'd like to express. (Confidence, communication skills, assertiveness, peace, optimism, etc.) Think about these traits and ponder whether you secretly want to have and express them. Do you think you can? Can you think of a time when you were young that you might have repressed this part of you?

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fifty-three

The Past

Do you talk about your past a lot? Do others tell you this? Do you think more about the past than you do the present or future? It's common to get stuck in the past, using a lot of mental or emotional energy there. While it's alright to think about and talk about the past sometimes, it's helpful to learn to live more in the present and optimistically think about your future.

What do you want your future to look like? Write about your goals and dreams for a few minutes. Short-term and long-term. Smile and feel the excitement of co-creating this wonderful future with all aspects of yourself. You might even want to take this list or story and put it in a place you see often to remind you of your ideal future. See it, feel it, and know that you're indeed helping manifest it.

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fifty-four

Control

Do you think you have to have control to feel safe? Have you never been labeled a control freak? How does control show up in your life? What would it feel like to give up control?

Write about your observations.

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i am a beautiful spirit

fifty-five

Light Shadows

Not every shadow is dark. In fact, we have plenty of “light” shadows, positive parts of ourselves that we may have repressed over the years. Make a list of some people (famous or not) that you truly admire. Then, write about the qualities you admire in them. Are they confident, compassionate, funny, etc?

It's quite possible that you've projected some of your light shadows onto them. You may indeed possess those very traits, but perhaps you've suppressed them. Take some time to think about this and own the traits you truly want to enjoy. Don't let fear stop you. Let those positive aspects of you SHINE!

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i am shining brightly

fifty-six

Trigger Poem

What seems to trigger you more than anything at the moment? Write a poem about that trigger.

Write it in a positive light, even humorous.

Notice how you feel writing about that particular trigger.

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i am triggered less and less the more
i do my inner healing work

fifty-seven

Recurring Issues

What keeps popping up when you get into an argument with your partner/friend/parents? Is there a recurring issue? Do you find yourself pointing your finger with the same accusations/qualms? Take some time to write about your latest conflicts. What could be some underlying issues? Are you willing to truthfully look within to see if it's a part of your shadow at work?

Can you own it?

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relationships are opportunity for growth

fifty-eight

Warrior of the Psyche

You are a warrior of your psyche, doing the inner work that needs done to integrate shadows and own your wholeness. Your inherent goodness, pureness.

How does this make you feel?

How do you feel now that you've almost completed this Into The Wild Shadow Journal?

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smile. you are so loved.

fifty-nine

Surrender The Baggage

Picture yourself ten or twenty years older looking back at yourself now surrendering your baggage. By baggage, I mean those things you don't want to carry any longer. The things that have been weighing you down. The darker parts of your shadow: fear, shame, anger, disappointment, guilt, etc. The parts you have been integrating while doing your shadow work.

Write a letter from your future self to your self now. Write it with the knowledge that you surrendered that baggage and chose to live a mindful life dedicated to self-love, God-love, and other-love. A life free from those negative aspects.

What would your future “you” say? How would he/she encourage you?

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Sixty

Creative Vision

Write a short story in the present tense of the kind of life you truly desire. What's happening? How are you feeling? Be as specific as possible.

For example, *“Life is so amazing right now. I feel freer and more at peace than I’ve ever felt before. I wake up so grateful. My career is soaring and I’m loving the work. I’m also enjoying my new hobbies! My partner/spouse is incredible. We are connected at the heart level and growing individually and together. It’s not perfect, but that’s alright.*

When bumps come along in life, I'm not drowning in fight or flight mode. I'm living mindful, in expectation of goodness, and committed to showing up as my authentic self. Life is a roller coaster and I'm learning so much along the ride!"

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