

Shadow Work Workbook

its time to let go of who you should be
so you can be who you are

This Journal Belongs to:

Shadow Work

You've made a brave decision. Shadow work is essential in your spiritual and mental development. This is a process we all have to go through in order to grow into our highest self. I hope you're proud of yourself for taking the time to be there for you.

I advise you not to rush this process. Do not spend everyday working on your shadow self as it can be mentally draining and unhealthy at a certain point. Allow yourself time to heal, regroup and come back when you're ready.

Otherwise, If you're ready to become your most authentic, confident and boldest version of yourself, you're on the right path.

Introduction

Life can be hard. We're always told to do this, do that, feel like this, not that. We're never told to be ourselves and embrace the good, bad and the ugly. You deserve to be loved, even your dark sides. And the main person who needs to love you, is you.

I made this journal to help you connect to yourself in every aspect. You should be completely open and honest with yourself. You shouldn't judge yourself in any way.

We're about to go on an introspective journey, so buckle up! You have an eye opening adventure awaiting you.

Do you have limiting/negative beliefs?

Where do you think your beliefs came from?

Core / Subconscious Belief System

Often times we associate ourselves with limiting beliefs without even realizing it.

It's the reason many people remain broke, unhappy, etc. Take a look at the list you filled out and identify the core reason behind each belief you have.

For example if you believe that you can't afford nice things, this could be because your mother always said this and lived a hard life.

Has anything changed about you since this experience?

Have you ever opened up about this experience?
How did people react?

How did you feel when this happened to you?

Was anyone there to comfort you after this experience ?

How did you cope with the emotions and feelings that came with this?

Is it still hard to talk about today?

Why do you hate these things?

How do you feel when these things happen?

Identifying Triggers

Yes, it's normal to get annoyed. But do you understand why you're getting annoyed?

It's important to identify why certain things trigger you and what they mean. Pay attention to what makes you scream, cry and cringe. You carry these emotions for a reason, address the core cause. It's important to connect with your inner child.

Over 95% of our behavior is subconscious.

And our entire subconscious was programmed through the ages of 0-18 years old. Read that again.

Were you bullied in school?

Did you have both parents in your life? How was your relationship with your parent(s)/guardian(s)?

Did you always feel love and acceptance from those most important to you?

Did you witness abuse in any form (ex. physical, verbal, drug, etc) as a child?

Did you ever feel mistreated as a child?

Did you have anyone you could lean on whenever you needed anything as a child? (ex. grandma, auntie, teacher, babysitter, etc)

What were your biggest hopes and dreams as a child that you have now given up?

What's something someone said to you that stuck with you? How does it make you feel?

Did you always feel supported by your loved ones?
(ex. did they come to your graduation, celebrate
your accomplishments, go to all of your games,
etc.)

What was one of your most embarrassing
moments as a child? How did you feel?

**If it's possible, place a photo
here of you as a child.**

**Write affirmations around
the photo such as "I love
you" and "you deserve the
world"**



Shadow Work Activity

Think about a current situation you are going through.

Tune into that difficulty. How does it feel? Write the first words that come to mind.

Notice the first words that came to mind, these have significant meaning.

Go into the memories and feelings associated with these words, connect to you childhood self.

What emotion(s) do you want to avoid?

What makes you afraid to feel these emotions?

Have you ever had a fear that came true? How did you respond? What did you feel?

Do you have any major regrets? Why do you feel so regretful about these things?

Reminder

You don't have to always get to the bottom of things. Sometimes, all you need is to be aware of things in order to spark a change.

Remember, although shadow work is completely essential in your development, it is important to take a break from it. Make sure you aren't working on this journal everyday, it could become overwhelming after a while. Go drink some water, meditate, walk outside and then come back.

What have I done in the past to help myself heal?

What can I do now and in the future to help myself heal?

Am I able to forgive those who've done me wrong?
Why or why not?

What is the hardest part of healing?

How do I want to feel? How can I get there?

What emotion/habit stops your progress?

How did you feel when this happened?

What part of this scenario triggered you? Why did it make you so upset?

What do my emotions tell me about myself?

How did you handle this situation? What was the aftermath?

In what situations have I been a hypocrite?

What do you think others like and dislike about you?

Have you ever had a heartbreak? If yes, what happened? How did you feel?

Do you feel your past relationships have helped you grow as a person?

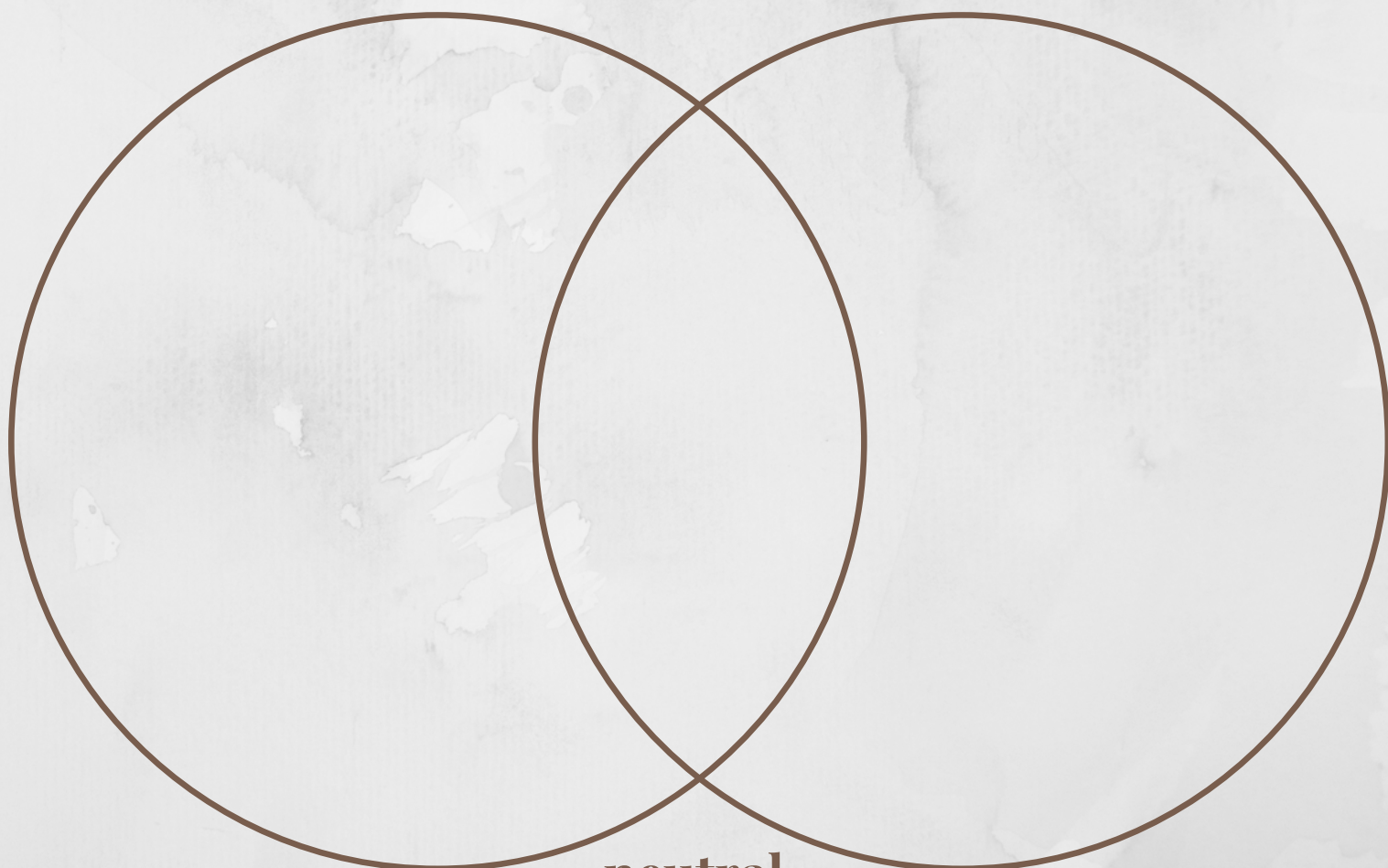
If you could give yourself relationship advice before you started dating, what would you say?

Were you ever toxic in your relationship(s)?

View of Self Exercise

positive traits

negative traits



neutral

How do you feel about your positive traits?

How do you feel about your negative traits?

Do you love and accept yourself regardless of your flaws?

Self Acceptance

Go back and take a look at all of your negative traits. What makes these traits so negative? Who told you that all of these traits are wrong? You deserve to be accepted and loved for who you are. We all come with good and bad. It's important to remind yourself, there's nothing wrong with you. You're perfectly normal. We're all trying our best to make it in this game called life.

What do you believe you're worthy of in life?

What can you do to improve your outlook on life?

What can you do now to love yourself more?

How can you eliminate negative things from your life?

What type of boundaries can I set to improve my life?

Have I been procrastinating or more productive lately?

What can I add to my daily schedule to improve my life?

Do I usually lack motivation? Why or why not?

What do you believe is your purpose in life?

Where do you see yourself in 10 years from now?

This is only the beginning

Congratulations! Applaud yourself for taking the time to be patient and honest with yourself. Your inner child is very happy to have released so much suppressed energy. You've done a complete introspection of your shadow self, now it's time to work on your manifestations! Your dream life is right around the corner! Now that you've learned to love and accept every part of yourself, you're unstoppable!