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# Shadow work journal prompts pdf

**What are some journal prompts. Journal questions for shadow work. What are some good journal prompts. Prompts for journal writing.**

This post contains affiliate links. Which means I will make a commission at no extra cost to you should you click through and make a purchase. Read the full disclosure here. Journaling has long been considered a form of self-care, and for good reason. The act of writing down your thoughts and feelings can help you process them, release them, and build your resilience. Whether you're looking to work through personal issues or deal with stress at work, journaling can be a powerful tool for healing and growth. In order to maximize the benefits of journaling, it's essential to find a method of journaling that resonates with you. This is where Shadow Work journal prompts can come in, as they will encourage you to express your thoughts and feelings on a deeper level. Shadow Work journaling is particularly powerful because it combines the benefits of journaling with psychology methods some professionals use for actual therapy. Shadow work, a form of psychotherapy, also known as transpersonal therapy or therapeutic regression, helps people heal from their past traumas. But for it to work, the person must open up their mind to the possibility of repressed memories. Shadow work is all about exploring the darker aspects of yourself, and the prompts included in this post can help you do just that. They're also great for self-healing and growth. You'll even find a free printable version that you can grab and print at home to get started with them quickly! Click here to jump straight to them. In order to access the potential of Shadow Work, it is necessary first to know and understand what the Shadow self is: Do you ever feel like you're not living up to your potential? Like something is holding you back, but you're not sure what it is? You might be dealing with your Shadow. The Shadow is a part of our personality that we often try to ignore or push away. It can include traits such as being extroverted, impulsive, and fantasizing. However, these traits aren't always bad - they can also be strengths. For example, being extroverted can make you more social and outgoing, while being impulsive can make you more spontaneous and creative. Fantasizing can help you come up with new ideas and be more imaginative. It's essential to embrace all aspects of our personality, including the Shadow. By acknowledging and working with our Shadow, we can learn more about ourselves and grow as individuals. The Shadow Work journal prompts printable included in this post can help you do this. These prompts are designed to help you explore your Shadow and understand its role in your life. They're also a great way to start the self-awareness and healing process. By accepting, understanding, and working through the Shadow aspects of yourself, you can become more fulfilled and confident in who you are. As well as begin the process of self-healing from past traumas. This for later! Everyone has a Shadow self, whether they are aware of it or not. The Shadow self is not a negative thing, but it does have characteristics that can be difficult to deal with. Some of the common characteristics of the Shadow self include: anger, jealousy, envy, lust, greed, pride, and gluttony. The Shadow self is often what we don't want to admit exists within us. It's the part of ourselves that we keep hidden away because we're ashamed or afraid of it. However, if we can learn to accept and embrace our Shadow selves, we can use its energy for positive change. We can use the power of our shadows to become more authentic and alive. Your Shadow will be unique to you, so you'll want to explore the many different ways to explore your Shadow self and discover its characteristics. One simple way to learn about your Shadow self is to spend time each day writing in a journal.



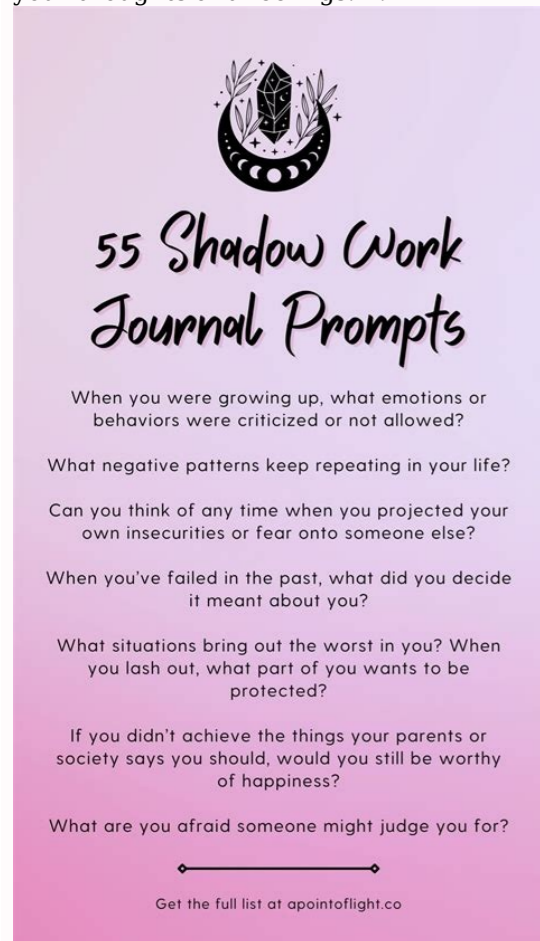
Write about your feelings and thoughts, and be honest with yourself about what you're hiding from or trying to ignore. You can also do Shadow Work exercises such as visualizations or meditations. Self-awareness is key to growth and healing with Shadow Work. The shadows are a part of who we are, and they can be a great source of insight and growth when we are ready to face them. These prompts are designed to help you explore your shadows and begin the process of healing and growth. They can be used as writing prompts or simply as a way to get in touch with your innermost thoughts and feelings. The key to working with your Shadow self is first to become aware of its existence. This can be done by paying attention to your thoughts and feelings, as well as any behaviors that conflict with your values and ideals. Once you have become aware of the Shadow self, you can begin the process of integrating it into your conscious life. Shadow Work journal prompts are particularly effective at helping to pull aspects of your Shadow into your conscious mind. However, sometimes this is easier said than done. After all, the Shadow self is part of who we are but is unconscious, making it difficult to recognize without the right techniques. Key things to keep in mind when working with your Shadow: You need to identify your "personal Shadow" using the techniques below. You must accept that you have a Shadow self, and as part of the healing process, you will need to learn how to live with your Shadow. This requires that we be willing to explore the hidden parts of ourselves. You must realize that the Shadow self is not a negative thing. It is just part of you and has its own unique characteristics. It's critical to understand and accept your Shadow. This means learning how to incorporate your Shadow into who you are without allowing it to control you or define you. Here are 6 simple steps for how to do Shadow Work: Shadow Work is all about exploring the parts of yourself that you don't usually show others. It can be uncomfortable, but it's also incredibly healing. If you're not sure why you want to do Shadow Work, take some time to reflect on it. Maybe there are some situations in your past that you haven't healed yet. Doing Shadow Work could help with these. Or perhaps you're ready to start living more authentically, and Shadow Work is the next step on your journey. Shadow Work is a powerful tool that can help you explore and understand yourself in ways that are sometimes difficult or uncomfortable.

However, it's vital to make sure that you have a safe place to do your Shadow Work, as this process can be intense and may bring up feelings of anxiety or fear. It might be a quiet room at home or in your office, or maybe it's just somewhere where you'll feel comfortable. Consider putting on some music that reminds you of your childhood and lighting some candles. You can do this in the morning, in the evening, or at any time that is convenient for you. Make it a habit to reflect on your Shadow Work and process the emotions that come up daily if you can, as it will make the process easier to get the best results. You can do it at the end of your shower, when you're having your morning coffee or any time that is convenient for you.

The idea is to do a little bit each day, so you don't feel overwhelmed. Make sure you set aside some dedicated time to reflect on things regularly, as Shadow Work isn't usually a quick process. (If you're looking for shorter journaling ideas that can boost your positivity, then I recommend taking a look at gratitude journaling or incorporating some of these quick printable affirmations cards focused around Shadow Work.) Shadow Work journaling prompts are an incredibly powerful way to bring your Shadow into the light of your conscious mind. When considering prompts, look for those that resonate with you but don't be afraid of those that feel hard to answer either. Sometimes it can take a day or two of mulling over certain questions before you're ready to answer them. For every prompt you use, always try to answer as fully as possible and ask why you think or feel you wrote what you did. You can also consider how your thoughts and feelings might relate to other aspects of your life. But don't stress too much about getting things written down perfectly the first time, as you can always come back later with new thoughts and ideas. Remember - you're not writing an essay in high school, so as long as you can read and understand it the way you write, spelling mistakes and grammar don't matter. If you're looking for more prompts to get started with, then click here to jump to the ones included in this post. Or if you'd like 300+ thought-provoking Shadow Work journal prompts ready to print and go with tons of extra resources to help you get started, then this Shadow Work Journal Kit is just what you need. Shadow Work is challenging and overwhelming that just knowing where to start or whether you're actually doing it right can feel like you're trying to throw spaghetti at the wall until it sticks. This is why after spending some time doing Shadow Work journal prompts, you should move to the next stage of piecing together all that valuable information you've recorded into actionable steps that will help you heal and become a more authentic version of yourself. My RIFT Shadow Work Journal kit has a whole workbook section dedicated to this. Including activities for: Identifying patterns and triggers between your Shadow Self and situations in your life. Discovering your inner child's characteristics and influences Shadow self tracking for traits and behaviors Tackling limiting beliefs Identifying traumas Finding ways to express your emotions in healthy ways And much more! In order to maintain mental and emotional health, it is important to practice self-care or meditation after completing Shadow Work. While doing Shadow Work, you'll likely dig up emotions that feel negative. Dealing and working through these is a big part of Shadow Work, but you may feel unbalanced, drained, and even agitated as a side effect. This is why after each Shadow Work journaling session, it's vital to incorporate some self-care or meditation into your routine to calm yourself. This can be as simple or as complicated as you like, from a few deep breaths to a whole yoga routine. Just make a plan and use it to take action, as you'll better reap the benefits of Shadow Work this way. One of the benefits of Shadow Work is that it can help you become more self-aware. When you start to become aware of what you've been hiding from yourself, you can begin to address them and make changes in your life. Another benefit of Shadow Work is that it can help you heal emotional wounds. Many of us have unresolved emotions from childhood or past relationships that we haven't dealt with. Shadow Work can help you process these emotions and move on from them. Finally, Shadow Work can help you grow as an individual as it'll allow you to explore the parts of yourself that you've been afraid to face. These are just a few of the benefits though, for a more comprehensive list of all the benefits check this Shadow Work for beginners post. Overall, Shadow Work journal prompts are a great way to help yourself grow, heal and become more self-aware. They can be used as a form of therapy or simply reflect on your life.



The prompts are designed to help you access parts of yourself that you may not normally see or acknowledge. You can find a variety of different prompts online, including these free ready-to-print ones here, or you can create your own. There is no right or wrong way to do Shadow Work - the important thing is that you allow yourself time and space to explore your thoughts and feelings. There are many different ways to do Shadow Work, but one popular approach is to use prompts and questions. This can involve writing or journaling about your feelings, thoughts, and experiences in response to specific questions or prompts. Alternatively, you can use these prompts as a way to start conversations with loved ones or friends about difficult topics. Here are some tips for using Shadow Work journal prompts: 1. Choose a prompt that resonates with you. 2. Take some time to read through the prompt, and allow it to sink in. (Sometimes, this can take a few days!) 3. Sit with the prompt in your mind, and imagine that you are a movie camera recording your thoughts and feelings. 4.



Allow yourself to go deeper into the prompt, and be honest with yourself even if it feels awkward or silly. If Shadow Work doesn't make you feel uncomfortable, then your Shadow is probably still hiding things from you. 5. Be curious about what happens next and why you think and feel the way you do. Always come back to the question of why. The best way to get started with Shadow Work is by using writing prompts. In fact, one of the first things I teach as part of my RIFT Shadow Work Journal is to always start with some prompts, as they'll often make other Shadow Work exercises much easier to complete if you've already spent some time discovering your Shadow self. 1. Name a time you've felt like giving up on something. Why was this? What was the end result? Were there any other consequences? Did you regret your decision?



How does it make you feel now? 2. Do you consider yourself intelligent? Why do you think of your intelligence in this way? Are you being overly critical or confident with your self-evaluation? How does intelligence make you feel?



If someone referred to you as intelligent, how would you take it? 3. Do you consider yourself mature? What positive or negative meanings can be related to it? How do you feel when others refer to you as mature? 4. Name something you feel should be illegal but isn't. Why is this, and how does it make you feel? Does this influence your view of the law and authorities? 5. Define what you consider to be a lonely person. What makes you feel lonely? Does your definition of loneliness contradict or match what makes you feel lonely? Why do you think this is? 6. Write a letter to your child-self. Tell them about things they should make the most of as a child and take the time to enjoy. 7. What emotions have you tried to avoid recently and why? 8. Pick a positive emotion/trait from the list or come up with your own. How do you deal with it? Can you think of anyone who reacts similarly, including from childhood? Do you think there's a connection? (happy / lucky / optimistic / fast / efficient / creative / intelligent / calm / content / kind / supportive / helpful / generous / tidy / attractive / agreeable / patient / strong / brave / gentle / giving / responsible / reliable / confident / humble / mature / accepted / energetic) 9.

What things in life are you taking for granted? 10. What physical things about other people trigger you? 11. Name a word that would make you happy if someone described or called you with it. What's good about it being true? 12. Name a big way in which you feel you have let yourself down. Describe how it makes you feel and why it happened. 13. Write down your worst personality trait. Why do you think it's bad? Are there any positive aspects it can bring? 14. If everyone was accepted for how they are, how would your life be different? What would you be more open about? 15. How did you deal with your emotions as a child? What did you do when you were sad, angry, confused, etc.? 16. How do you deal with negative emotions right now? How has it changed compared to when you were a child? 17. Name someone who you haven't forgiven. How has it affected your life? Does it still feel justified? 18. Name a relationship you have or had that felt unhealthy or toxic. What happened, and why do you think it felt this way?

19. Name a time you've made a mistake. What were the consequences, and how did you feel? 20. How do you feel and perceive yourself as a person? Why? 21. Write down one positive comment someone has said about you in the past. Was it warranted? What did you do, and how did it make you feel? 22. What negative aspects of your mother have you noticed? Do you feel you have any of these yourself? How does this make you feel? 23. If you were to become just like your parents in 10 years, how would this make you feel? 24. How is your relationship with your siblings now compared to when you were a child? Why is this? 25. How do your friends react to your failures? How does it make you feel? Did they react differently to others?

Was their reaction fair? 26. Pick a positive emotion from the list or come up with your own. How do you deal with it? Can you think of anyone who reacts similarly, including from childhood? Do you think there's a connection? (happy / lucky / optimistic / fast / efficient / creative / intelligent / calm / content / kind / supportive / helpful / generous / tidy / attractive / agreeable / patient / strong / brave / gentle / giving / responsible / reliable / confident / humble / mature / accepted / energetic) 27. When are you most frustrated with yourself, and why? 28. What were your parents' core morals? What did they value the most? How do these make you feel compared to what you know now? 29. Name a trait someone you know has that you wish you could have yourself. Why do you want this trait? Why do you feel you don't have it? 30. What would make you feel valued, and why? 31. How do you feel about your childhood overall? What are some positive and negative aspects of it? 32. How do you feel about asking for help? Do you struggle, or is it easy? Why is this?

33. How do you view stubbornness? Is it a negative or positive trait? How do you define too much stubbornness? How stubborn would you describe yourself? 34. What was your last negative or judgemental thought? How did you handle it? Why do you think you had this thought and was it justified? 35. Name a person of authority that you respected growing up. What traits about them do you admire the most and why? Do you still feel the same about them now? 36. What did you dream about recently? How did it make you feel? Does it relate to anything in your day-to-day life? 37. Name one thing you love about your body. What's positive about it? How does it make you feel, and why? 38. Name a relationship you've walked away from. Why was this, and how was it positive towards your life? 39. Name someone you're jealous of. Why are you jealous? What do they have that you want? How can you acquire these for yourself? 40. Describe how you think other people see you. What do they say? What words do they use? Are they justified? How do they make you feel? 41. Write how you define intelligence. Do you think that intelligence can be measured? Are there ways intelligence can be unfair or ways intelligence isn't always helpful? Do you feel there can be different types of intelligence? Would you treat someone differently based on how intelligent you perceived them? 42. What expectations do you feel your significant other's parents have of you? Do you agree with them? How do these expectations make you feel, and why? 43. Name a book that gave you a strong emotional reaction that you feel was negative. How does it make you feel, and why do you think it makes you feel this way? 44.

Does your reaction feel justified? If so, how? 42. Name a time you've eaten food in response to a positive or negative emotion. How did it make you feel, what do you associate the food with, and do you think this is good or bad behavior? 53. Name someone who has passed away that you dream of often. Who are they, and what do they mean to you? 54. Name one trait you feel people should use when describing you. How does it make you feel? How important is it? How do you feel if people don't describe you this way? 55. Name someone who's passed away who influenced your life. How do you feel about them now? What regrets do you have? What do you secretly think would be different if they were still around today? 56. Name 3 emotions that you feel are positive. Why do you think they are negative, and what past experiences can you relate to this? Is there any way they could be seen negatively? 57. Name 3 emotions that you feel are negative. Why do you think they are negative, and what past experiences can you relate to this? Is there any way they could be seen positively? 58. Name one "bad habit" you think you have. When does it happen, and what triggers it? Why do you think it happens, and how does it make you feel? 59. How do enclosed and tight spaces make you feel? What childhood events or experiences do you think could have influenced your feelings about this? 60. What emotions and feelings do you associate with Mondays? Why do you think this is, and do you feel your emotions towards Monday change depending on how far away it is? And that's all the Shadow Work journaling prompts we've got for you here.

If you'd like more be sure to check out our Shadow Work writing prompts packs here. Here are some free printable prompts for healing, self-awareness, and growth. Use them to explore your Shadow and start your journey of self-discovery. Carl Jung was a Swiss psychologist who spent much of his work on the primary archetype known as the Shadow. He defined it as the "dark side" of the human personality because it's parts of us that we don't normally like to acknowledge as it makes us feel weak and ashamed. The Shadow is one of the main archetypes that Swiss psychologist, Carl Jung, focused on the most. The Shadow represents all aspects of ourselves that we don't like or are afraid of. It's often the part of us that we try to ignore or suppress. However, by doing this, we only make the Shadow stronger.

The Shadow is a powerful archetype because it contains all of our negative feelings and emotions. It's essential to face and embrace the Shadow because only then can we begin to heal and grow. Carl Jung defined the Shadow self as the unknown dark side of our personalities because its traits are usually subconscious and not identified as being a part of us by our conscious ego. These Shadow aspects are hidden from us by the ego for a reason. Most often, this is due to a negative association with the trait. However, what can sometimes be revealed through Shadow Work is that these traits may not actually be as negative as first perceived. For example, individuals with low self-esteem, false beliefs, or anxiety can sometimes suppress positive traits within their Shadow simply because childhood experiences or other influences taught them they were bad. If you're constantly told you're too loud as a child, you might learn that being noisy is a negative trait. On the other hand, being noisy might actually just be that you're very extroverted and outgoing, which could be seen as positive by changing your view. The same could also be true if stubbornness is one aspect of your Shadow self. As a child, you might have been scolded for being stubborn or difficult, so your perception is that it's a negative trait that your subconscious tries to suppress even in adulthood. But in contrast, it could be positive in that you are someone who holds steady in your beliefs or someone who is determined to complete your work no matter the obstacles you face. Overall, the process of Shadow Work is to unveil such traits within ourselves so that we can accept and forgive them. It's essential to face and embrace the Shadow because only then can we begin to heal and grow. There is no one-size-fits-all answer to this question, as Shadow Work can mean different things to different people. In general, though, Shadow Work refers to any process of exploring and working through the darker, more difficult aspects of our lives. This can involve exploring our hidden motivations, confronting our fears and doubts, and dealing with the parts of ourselves that we'd rather not see. Shadow Work tends to have a more psychology-based nature to it. Still, some also associate it with the Law of Attraction because of its tendency to help you connect with your inner self and become a more authentic version of yourself. For many people, Shadow Work is essential for their spiritual growth and self-awareness. It can be a way of understanding who we are, what we're capable of, and what we still need to work on. No matter which perspective you take, Shadow Work is a powerful tool for healing, growth, and releasing trapped emotions. If you're interested in exploring Shadow Work further, plenty of helpful resources are available online. This includes my printable RIFT Shadow Work Journal with over 400 pages of prompts, activities, and guidance to help you get the most out of your time spent Shadow Work Journaling. Shadow Work is the process of exploring the darker, more hidden aspects of our psyche. It can be a powerful tool for healing and growth, but it can also be challenging. If you're ready to start exploring your Shadow, these prompts can help get you started. We all have a shadow side. We keep hidden away parts of ourselves because we are ashamed, embarrassed, or simply don't know how to deal with them. These are the parts of ourselves that we bury so deep we often forget they exist. But they are always there, waiting for the right moment to rear their ugly heads. If you're ready to face your shadow self head-on, then check out these free Shadow Work Journal Prompts For Healing & Growth. And if you're ready to take Shadow Work journaling to the next stage, consider upgrading to our 400+ printable pages kit. We all have things we avoid. For some, it's the dentist. For others, it might be public speaking.

Whatever it is for you, know that there's a good chance you're not alone. And more importantly, there's a good chance that whatever you're avoiding can be healed through Shadow Work. Sometimes all we need is a reminder that we are not alone in our struggles, and there are tools out there that can help us heal. Facebook Twitter Shadow work journal prompts are an amazing way for beginners to improve self-awareness and work through past traumas, events, and emotions, as well to get to know themselves as human beings much better.Discovering and exploring your shadow self so that you can learn self-acceptance, boundaries, and healthy coping mechanisms is a form of self-care in itself and, to be completely honest, it's been completely life-changing for me.Shadow work has totally changed my mindset and improved my mental health.Knowing where to start can be tricky though – I totally get that, which is why using journal prompts to get started can be really helpful.The term 'shadow work' refers to the practice of working through and learning to forgive your shadow self.Your shadow self is the side of you that you tend to hide from others and keep out of sight, hence the name.The shadow is one of main archetypes that Swiss psychologist, Carl Jung, focused on the most, along with the Self, the Persona, and the Anima/Animus. These archetypes are defined as universal, primal symbols and images that derive from the collective unconscious.Jung's Shadow archetype is often likened to Sigmund Freud's theory on the Id. In 1923, Freud theorised that the human psyche is comprised of three parts: the Id, the Ego, and the Superego.The Id according to Freud, was the primitive part of the psyche responsible for sexual and aggressive drives, as well as hidden memories.The Superego is the moral conscious, while the Ego acts as the go-between.Freud's Id and Jung's Shadow contrast in certain aspects because Jung believed that not all Shadow traits were inherently negative and could even result in creativity, while Freud believed that the Id was primitive and purely driven by instinct.According to Jung, our Shadow is the side of us that the ego doesn't identify with; the 'darker' side of our personality. While the traits that make up our Shadow as usually perceived to be negative – as our ego has hidden them for a reason – they can also be positive, as having low self-esteem or anxiety can cause us to unnecessarily reject certain aspects of ourselves that we've been taught are bad.For example being extroverted, impulsive, and fantasising can also be part of the Shadow, but aren't necessarily negative traits. Some of us as children are just taught that we should be quiet, timid, and rational, and therefore view these as traits that we should bury.'Modern' shadow work refers to discovering these shadow traits, forgiving ourselves for them, healing from past trauma that may have caused them, and processing them in order to grow.We tend to see shadow traits in other people pretty easily, but when it comes to our own shadow self, it takes a little introspection.Shadow traits that your shadow side might possess include:Anger/Outbursts of rageEnvious/JealousManipulative/ExploitativeSelfish/Self-centredArrogant/EgotisticalObsessed with appearance/how other people see them/dependent on praiseIntolerantJudgementalDefensiveOverly competitiveStubbornShadow work is basically a deep-dive – usually through meditation and journaling – into what makes us tick and why.Our shadow self usually begins to develop in childhood when we're especially susceptible to soaking up the attitudes and energies of our environment, as well as experience trauma that we're not yet equipped to deal with.With this in mind, shadow work can be really, really uncomfortable – TRUST me. You have to be vulnerable and super-honest with yourself, and that doesn't always feel good.

After all, this is why we've suppressed and hidden this shadow self for so long.(This is why I put together a Shadow Work for Beginners workbook to make the process a little less overwhelming.)Thinking about our upbringing, environment growing up, trauma, and parents' impact on our entire being because of their own toxic traits is also an immensely humbling experience. You finally realise that the people around you are also human and also have their own shadow selves.This was a tough pill for me to swallow, but that's for me to unpack during my own shadow work.Saying all this... Learning about who you are as a person – warts and all – as well as how you've acquired your toxic traits and how to work through them is SO rewarding and useful.Eventually, the goal is for you to learn to forgive yourself for your shadow traits, come to realise why you have these less desirable attributes, accept the sides of yourself that you might have kept hidden in the past, and move into a much happier, more accepting mindset.Humans aren't perfect and we should never stop learning, especially about ourselves.Shadow work is ultimately deep-diving into our own toxic traits and why they came about. It helps us learn about who we REALLY are as people, grow, and reach true self-acceptance.Figuring out how to recognise, process, and work on my shadow traits going forward is now one of my most crucial parts of self-care.I have some shadow work worksheets for you totally free via the sign up form below to get you started.Here I've provided 100 days of shadow work prompts so that you can work through one at a time during your journal practise. These prompts cover self-compassion (a crucial yet often forgotten part of shadow work), past trauma, healing your inner child, and meeting your shadow.Choosing one journal prompt at a time not only makes the process a little more straight forward, it makes it much less overwhelming and easier to process.Do you struggle with showing yourself compassion? How does showing yourself compassion make you feel?When was the last time you truly gave yourself grace and forgave yourself for a mistake? What was the mistake?What are five self-care activities that make you feel safe and secure?Write about a time when someone else showed you compassion. How did it feel?Write about a time you showed someone else compassion? Why, and how did that feel?When are you hardest on yourself? Where do you think this stems from?Why are you so reluctant to be kind to yourself?Write about a time you put yourself under unnecessary pressure. Why do you think you did this? Were you put under pressure by parents/caregivers?What situations make you feel less than or not good enough? Why do you think this is?Write about a time you messed up and needed forgiveness. How did this play out?What types of body movement feel good to you?What are three ways you can be kind to yourself today?How do you set and enforce boundaries? What are your boundaries?How do you feel when people overstep your boundaries?What are three main goals you want to achieve with shadow work?What Jungian archetype do you most identify with and why?When you really think about it, is there anything you're currently in denial about and avoiding?What does "love" mean to you?Have you ever found yourself manipulating others to protect yourself? When did this start and how does this make you feel?What's one regret you have? Why is it a regret?How do you feel about it? Is this something you can correct in future?Did your parents show you compassion and forgiveness as a child?What were your parents/caregivers morals and values? How do your own morals and values reflect these today, and why do you think that is?How was your relationship with your

parents/caregivers?How is your current relationship with your family?What was one time you can remember feeling wronged as a child?How did you react? How has this affected you in your adulthood?What are your core values as a human being? What's more important to you? What are you morally passionate about?How do you perceive failure? How does it make you feel?How did your parents react to failure?What parts of your parents/caregivers do you see in yourself? When did this become apparent and how does it make you feel?What toxic traits have you noticed in your parents?How does this statement make you feel? "Parents are human beings. They aren't perfect or super-human. They make mistakes and mess up just as much as you or I."How did you process emotions as a child?How did you process emotions as a teenager?How did you process emotions as a young adult?How do you process emotions now? Has this changed over time?How?What are your preconceptions about femininity? What do you think this is? Where do you think this came from?What are your preconceptions about masculinity? What do you think this is? Where do you think this came from?How were you taught to deal with emotions as a child?What's a question you had as a child that never really got answered?What is something you've always wanted to confront someone about, but didn't? Why didn't you confront them? How do you feel about that now?Write about a time someone you trusted betrayed you. How did it make you feel at the time? How do you feel about it now?Write about a traumatic event that happened in your life. How has it impacted you?Write about a massive life event that you truly feel you've moved on from. How do you think you managed to do this on this occasion?If you could speak to someone who broke your trust now, what would you say to them?Write about a time you felt let down by someone you looked up to.How do you feel about who you are as a human? What is your attachment style? How do you think this formed?Do you struggle to form healthy attachments within your relationships? If so, why?Would you call yourself self-destructive? If so, how do you engage in these behaviours?When you feel emotional pain, how do you make it go away? How do you feel about this?Write about one person you've never forgiven. What did they do? Why do you still hold a grudge? Do you want to forgive them some day but can't bring yourself to?When you feel emotional pain due to past trauma, where in the body do you feel its stored?What is one thing you can do today to release some of the trauma in your body?What is the most hurtful thing anyone has ever done to you?What is the most hurtful thing you've done to yourself?How do you move forward after hurting someone else?What's the biggest promise to someone else that you've broken?What's the biggest promise to yourself that you've broken?Have you ever had your heart broken? Write about it. How do you feel about it now?Have you ever broken someone else's heart? Write about it.How do you fill your time when bored?How would you LIKE to fill your time when bored?What gives you enjoyment? Write at least five things.Who were your heroes growing up? What did you admire about them?What's the meaning of life, to you?What was the last argument you had about? How did you react? How do you feel about it now? Has it resolved?How do you feel about confrontation? Why do you think this is?What was one way you used to self-sooth when you were growing up?What were your hobbies when you were younger?What are some ways you can bring activities you enjoyed as a child into adulthood?If you could speak to your child-self now, what would you say?How does thinking about yourself as a child make you feel?When you feel threatened or cornered, how old do you feel? Did anything traumatic happen at this particular age?Do you often experience physical reactions to emotional stress? If so, write about these.If I told you to sit with your feelings instead of avoiding or numbing them, how would this make you feel?Are you more prone to fighting, flying, freezing or fawning? Why do you think this might be?How do negative experiences impact your intimate relationships?What are your "comfort movies" or TV shows?How often do you find time to yourself? Do you wish to improve this? If so, how can you?What are your limiting beliefs and how do you plan to overcome these?What are three traits in others that you dislike?Do you have a tendency to project traits you don't like onto others because you potentially possess them yourself? If so, which traits and why do you think this is?What are some shadow traits that you know you possess? How do these make you feel about yourself?Why do you consider certain shadow traits you possess to be "negative"?What's one trait that you see in other people that you wish you had and why?Do you often find yourself over-thinking things you've said or how you've acted? What usually triggers this?What tends to trigger envy within you? Why do you think this is?If your shadow was a separate person, what would you say to them?How do you react when you're angry? Does this reaction reflect the way you saw others react to anger growing up?What triggers you? Can you identify your main triggers?Do you ever find yourself acting "out of character"? When does this tend to occur the most?What are your toxic traits?

How do they present themselves?What aspects of yourself would you like to improve? Why? How do you plan to do this?Has anyone else ever pointed out areas that you need to improve? What were these? How did this make you feel?What emotions do you tend to avoid feeling?What negative emotions are you actually quite comfortable sitting with? Why might this be?What is the biggest lie you've ever told someone else? How did it make you feel to tell it? What were the ramifications of this lie?What's one lie you tell yourself consistently? Why do you tell it?What misconceptions have you harboured in the past? Where did they come from?What does the term "shadow work" mean to you? Have a whole Shadow Work for Beginners workbook if you want a little extra help getting started with your journey.When you get the workbook today, you get 17 pages of info, prompts, and exercises on shadow work for beginners. Worksheets for healing and nurturing your inner child.Self-soothing and self-care checklists.Shadow work affirmations.Basically everything I've used for my shadow work that I think is crucial for beginners.By suppressing our shadow selves, we're not learning to work through our issues and become better human beings, we're simply allowing our certain traits to fester and grow.Jung believed that this would result in the Shadow taking charge and pushing other, inauthentic traits to the surface, as well as projecting these unwanted traits onto other people, which can hamper relationships.This is not only exhausting, it can cause mental health issues like depression and anxiety, as we wrestle with the parts of ourselves we don't want others to see, and, as a result, fail to work through them.We learn to resent and hate these parts of ourselves, which impacts our mindset and self-esteem, and can even affect how we treat others, as well as ourselves.For me, learning how to notice my shadow traits, understand them, work through them and forgive them has been amazing for my mindset and mental health.Processing emotions in a healthy way as they arise and the concept of "feeling to heal" in general has been difficult for me. I tend to like to gloss over, hide and stuff down anything negative, which results in toxicity rearing its head later on.Learning where my toxic, shadow traits have come from, how to work through them, and ultimately forgiving myself for being human has been liberating and uplifting.Therefore, while challenging, recognising, accepting, and unpacking my toxic traits has been nothing short of life-changing.I found that a lot of the symptoms of depression, anxiety, and other mental health issues that I experienced were the result of me not working through my shit properly.I now include shadow work in my self-care routine.Self-care is calling yourself out on your own bullshit and learning how to deal with it, as well as self-awareness, self-love, processing past trauma, identifying and dealing with triggers, and self-acceptance.While I'm a firm believer that you don't need to be spiritual to practise shadow work since learning self-acceptance and positive coping mechanisms is basically free therapy", shadow work is closely linked with connecting with your true, higher self.Shadow work is thought to raise your frequency, which means that you'll align with and attract better things, and manifest your dreams more easily through the Law of Attraction.However, as I said, shadow work isn't just for those looking to reach a high state of consciousness, it can also be an amazing act of self-care and self-awareness."While I would never advise against therapy, I'm also very aware that good therapists are not accessible, available, or affordable to most people, which is one of the reasons I started this blog in the first place.Another practise that's closely linked with spirituality is repeating positive affirmations. I have a whole post on shadow work affirmations, if you want to check it out.Carl Jung believed that we encounter the Shadow in our dreams. However, most people find that a combination of daily meditation to help mindfulness and keeping a shadow work journal for introspection and soul-searching is the best way to get in touch with their shadow self.If you're new to shadow work – or even if you're not, to be honest – shadow work prompts can be amazingly useful when it comes to accessing past emotions and memories in order to work through them.Often, just writing stuff down can feel really cathartic, as if you're literally pulling the toxic thoughts from your mind and pinning them to paper.When talking to your shadow self, my top tips in order to get the most out of your shadow work prompts are:Be totally authentic and honest – even if this feels uncomfortable.Dig deep into your emotions – no one has to ever read what you're writing, so let it spill onto the page.Embrace any unexpected thoughts/emotions that come up and write about them too (if you need to cry, CRY! We embrace emo hours here!).Write down everything – even if you don't think it's important now, it might be later.Use shadow work journal prompts to get you started and help the thoughts flow.Recognise your shadow traits from your responses to the shadow work questions.Meditate before shadow work to help boost mindfulness and after to calm your mind.Practise self-care afterwards.Don't pressure yourself to write lots if it doesn't feel right.Be gentle and forgiving with yourself – you're only human.Shadow work is exactly that: work.You're treating wounds that still haven't fully closed from childhood and learning to face the demons that don't just reside in you but are PART of you after years of suppression. This isn't easy and it's certainly not fun, but it is rewarding.As humans, we're all works in progress. None of us are perfect.Learning how to deal with our own shadow self is immensely personal, so I've tried to make my top tips as general as possible.True shadow work takes time, perseverance, bravery, honesty, and self-awareness.The best way to do shadow work, in my opinion, is by using shadow work prompts.One of the main ways to practise shadow work is through introspection: asking yourself deep questions that delve into your past, analysing your way of thinking, and digging for answers that you don't particularly want to uncover.This is where true healing and growth occurs.Most people can't do this on the fly, which is why using shadow work questions or prompts comes in handy.All you need to do is grab a blank notebook or journal, make a note of the journal prompts in this blog post, and choose one to get started.They get your thinking and, if you keep a shadow work journal, can help you sort through your shadow traits, where they come from, and how to move forward.Other methods of shadow work include:MeditationSelf-awareness when negative feelings occur (asking yourself what exactly you're feeling, why this is, and where this feeling comes from is really beneficial)Taking responsibility (while also practising forgiveness)Practising empathy and seeing yourself from other perspectivesBeing honest with yourselfHiring a shadow work coach (I now offer 1-on-1 shadow work coaching to help you through the process, hold you accountable, and keep you motivated on your journey)A shadow work journal is a journal you have for shadow work. (Shocking, I know.)It doesn't need to be anything special – just a plain notepad that you keep separate and safe will do.It's totally up to you whether you share your shadow journal with other people. You might want to discuss it with a therapist or trusted person; you might not even want to tell a single soul.While shadow work journal prompts are optional, they're REALLY helpful when it comes to getting you started, whether you're a beginner or not.Shadow work can feel like a bit of a vague term when you're a beginner and sometimes knowing where to even begin in your journey can feel like an impossible task.This is where the shadow work prompts come in. In these journal prompts are designed to trigger emotions, memories and experiences – often from childhood – that still unconsciously or consciously affect you to this day.The prompts will then encourage you to expand on this feeling, thought or story so that you can further understand where it originates, how it manifested in potentially toxic traits today, and therefore how to understand your thoughts, actions, and boundaries going forward.Some shadow work prompts will ask you to dive deeper than others and may feel really uncomfortable, which is why I encourage you to practise meditation and self-care afterwards in order to process anything that's come up and calm your mind.My Shadow Work for Beginners Workbook has helped 250+ people start their shadow work journey.The workbook is packed full of prompts, exercises, and information on shadow work so that you no longer feel in the dark and can get started in a great way.Check out the workbook (and what the people who've used it have to say about it!).As well as using shadow work worksheets and/or my workbook for beginners, be sure to hold yourself accountable and call yourself out if you catch yourself engaging in toxic behaviours, especially if they affect other people.Furthermore, don't just call yourself out in the moment, but explore why you've reacted or felt the way you have.Is this something you need to work on?Journal about how you can deal with similar situations in the future.For example, if you've lashed out at someone close to you for a seemingly irrational reason (that will probably make total sense to you after journaling), how can you react in a calmer, more rational way if this happens again?This is how real growth is made.A witchy ray of sunshine who loves to help others on their journal journey. I've been journaling since childhood and have since gone on to earn a degree in English and a diploma in Shadow Work. I love my plant babies, yoga, and anything spooky. Find out more on my about me page.