

ALENG TENA

# INTEGRATING YOUR SHADOW JOURNAL PROMPTS

1. What aspects of myself do I find difficult to accept or acknowledge? Why?
2. When was the last time I felt deeply ashamed or embarrassed? What triggered these feelings?
3. Are there recurring negative patterns in my life? What do they teach me about my shadow?
4. How do I react when someone criticizes me? What does this reaction reveal about my inner fears or insecurities?
5. What qualities in others do I strongly dislike or judge? How might these qualities be reflections of my own shadow?
6. When do I feel most envious or jealous? What do these feelings indicate about my unmet desires or needs?
7. Recall a recent conflict or argument. How did I contribute to the situation? What hidden aspects of myself were involved?
8. What am I most afraid of others discovering about me? Why do I fear this?
9. How do I sabotage myself or my goals? What underlying beliefs or fears drive this self-sabotage?



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10. What childhood experiences or messages have shaped my current self-perception? How do these relate to my shadow?

11. In what situations do I feel the need to wear a mask or pretend to be someone I'm not? What does this reveal about my true self?

12. When do I feel most disconnected from others or myself? What emotions or thoughts arise during these times?

13. How do I cope with negative emotions such as anger, sadness, or fear? What do my coping mechanisms reveal about my shadow?

14. What lies or half-truths do I tell myself or others? Why do I feel the need to hide the truth?

15. Which of my personal boundaries do I often let others cross? What fears prevent me from enforcing these boundaries?

16. How do I react to failure or mistakes? What do these reactions reveal about my inner critic or shadow?

17. What parts of my personality do I keep hidden from others? Why do I feel the need to hide these parts?

18. Reflect on a time when you felt deeply connected to your true self. What can this experience teach you about integrating your shadow?