

CONNECTING WITH THE SHADOW SELF

PHASE 1

A Shadow Work Journal Prompt and
Exercise Guide tailored for men to
help guide and allow a safe space for
expression without judgement

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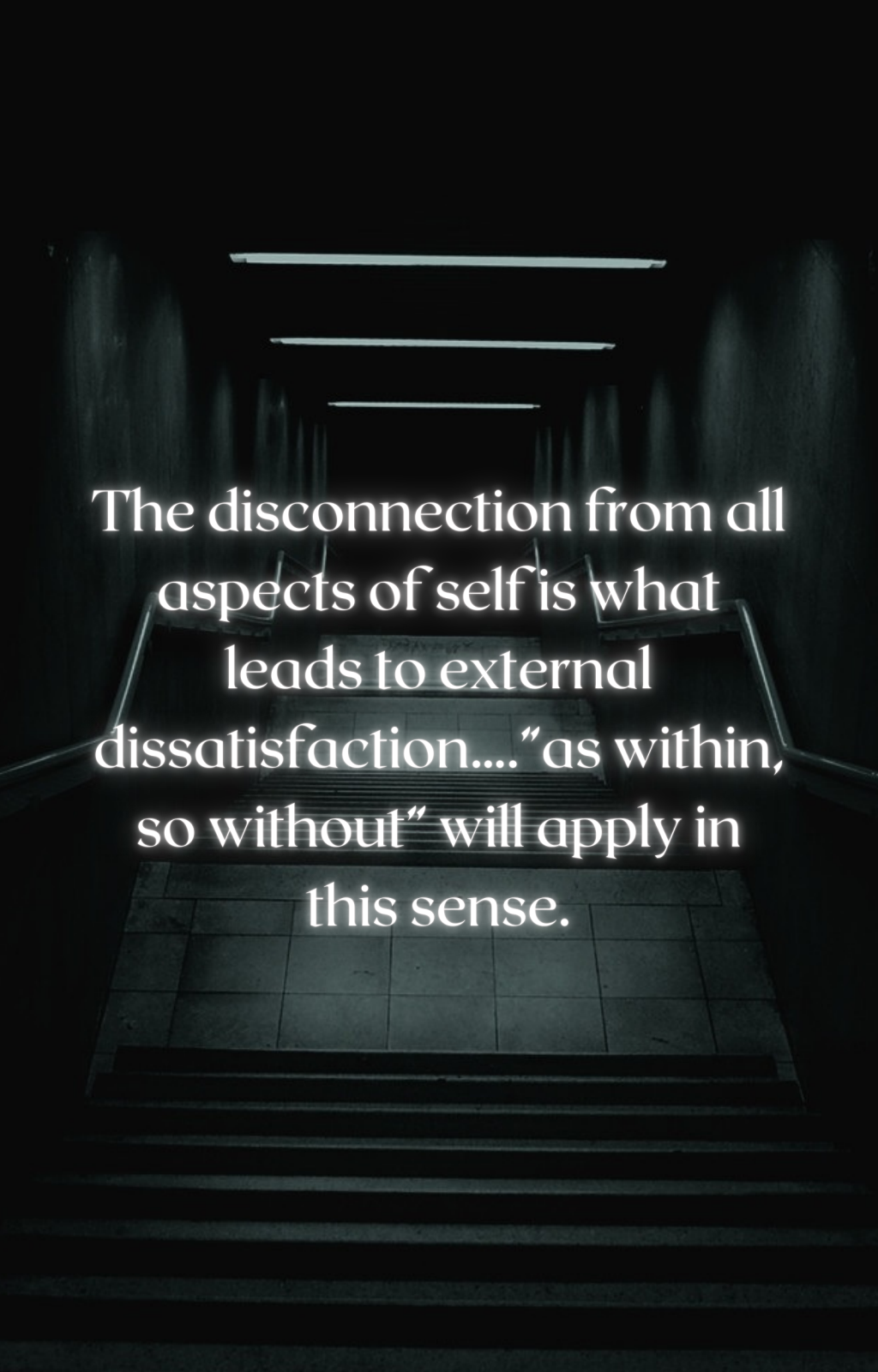


2023 by Talya Miller

THE INTRODUCTION

As a man there is a huge possibility you have been held to a certain expectation by either one or a number of people within your life. Whether it be a mother, father, family member, significant other, or friend. It's likely you have never found or made the time to sit down and process the emotions that arise over time. This could be due to not being given the safe space to do so, being shut down when done so, or was programmed to believe your emotions make you weak or "less of a man."

Allow these next few pages to be your safe space. There is nobody here to judge you, but you at the end of the day. The pressure we tend to feel regardless of gender tends to come from holding the self to unrealistic expectations that has been set by others or programmed within us.



The disconnection from all
aspects of self is what
leads to external
dissatisfaction.... "as within,
so without" will apply in
this sense.

SHADOW WORK

JOURNAL PROMPTS

Grab a paper and a pen if you're ready to
unlock a new level

1. Have you ever had your emotions and / or opinion shut down by someone you loved?
2. In what ways have you felt pressure from others within your family or friend group throughout your life?
3. Do you trust yourself?

You're doing great by answering these questions. A large percentage of people live life with numerous blockages simply due to being disconnected from self. If you want, take a break and continue tomorrow. If not, proceed to the next page for further self discovery .

4. Despite what kind of childhood you had- think back to one moment when you felt pure joy. Take a moment to close your eyes and reflect on how you did in that moment
5. Does being alone make you feel uncomfortable?
6. Have you ever had a moment where you lost somebody close to you or had to deal with extreme grief? If so, how did you handle it? In what ways did you express yourself? How does this currently affect you?
7. What triggers you and why?
(Being aware of your triggers and the root of them is a major key)

“Nothing ever goes
away until it has
taught us what we
need to know.”

— Pema Chödrön



8. Do you feel as though there's no point in talking about what bothers you? Why do you think that is?

Brief Exercise

Acknowledge how would you feel in a moment of complete happiness

Acknowledge how you would feel receiving genuine love and appreciation

Acknowledge how it would feel to have someone yelling and screaming at you for 10 minutes...

Acknowledge how it would feel to have someone extremely close to you take everything you own to your name

(SEE NEXT PAGE)

THERE'S A CHANCE YOU MAY HAVE EXPERIENCED ALL OF THESE SCENARIOS. YOU CAN FEEL HOW EACH ONE OF THESE SITUATIONS CREATE A VIBRATIONAL SHIFT WITHIN YOU. NOW, IF YOU WERE TO PUT OUT THESE SAME ACTIONS TOWARDS OTHER PEOPLE (HAPPINESS, LOVE, ANGER, BETRAYAL, ETC) THAT' IS THE VIBRATIONAL SHIFT YOU CREATE AND THEREFORE, WILL BE IN THE ENERGY OF. REGARDLESS OF WHAT YOU MAY HAVE BEEN THROUGH- WHICH HOLDS WEIGHT AND YOUR EMOTIONS *ARE* VALID, YOU STILL HAVE TO BE CONSCIOUS AND AWARE OF WHAT YOU PUT OUT OR YOU WILL CONTINUE TO ATTRACT AND ALIGN WITH SITUATIONS OF THAT SAME VIBRATION YOU WISH TO NO LONGER EXPERIENCE.

Yes it's true that ultimately the responsibility falls on you to be a better you. Yet, at the end of the day, if you surround yourself with people who you feel you are not able to confide in or be your authentic self around, this will stunt your overall growth and may leave you susceptible to triggers along with dissatisfactions within relationships and self.

If you're not comfortable opening up to anyone outside of you right now, you can start with opening up to yourself. Keep a notebook or utilize the "notes" app in your phone to do mental and emotional check ins with yourself daily or whenever you feel necessary. Not only will this help you feel less compressed and overwhelmed, but put you in the energy of balance and flow. Sometimes in life regardless the pain and stress you go through, the biggest obstacle can be your own mind.

Be kind to your self.

THANK YOU
PARTICIPATING IN THIS
BRIEF JOURNEY INTO
PHASE 1 OF CONNECTING
TO YOUR SHADOW SELF:
A SHADOW WORK
JOURNAL PROMPT
EXERCISE GUIDE
TAILORED FOR MEN TO
HELP GUIDE AND ALLOW
A SAFE SPACE FOR
EXPRESSION WITHOUT
JUDGEMENT.

Keep up with my social media for more exercises, updates, and
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Sincerely,

Talya Miller, 2023