



SHADOW WORKBOOK

*250 Shadow Work Prompts for
Self Growth*

@CEDARCOVEPRINTABLES


————— How to Use —————

Shadow work is used to heal yourself from your deeply rooted trauma's so that you can clear your emotional blockages and open yourself to self love. It works by first allowing you to discover and explore your deep trauma's and feelings that may have been repressed so that you can grow by accepting and letting them go. It is a necessary step in the journey to self love.

The recommended use of this journal is to answer one prompt daily by first reading the question and allowing yourself to deeply feel and think about an answer. The more you write, the more you will be able to discover the deepest of your subconscious emotional blockages.

Shadow work can be very difficult since it unearths your deepest and darkest trauma's so that you can open yourself to growth. Answer the prompts at your own pace since, you can't rush growth and healing.

- THANK YOU -



*YOUR
ENERGY IS
SACRED*

SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS AN EMBARRASSING MEMORY
THAT I HAVE? WHY WAS IT
EMBARRASSING?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS MY 'WHY' THAT MAKES ME WAKE UP EVERY MORNING?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT ARE FOUR THINGS THAT I AM MOST GRATEFUL FOR?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHERE DO I SEE MYSELF IN 6 MONTHS? 1 YEAR?



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHEN IS THE LAST TIME THAT I MADE A
NEW FRIEND?**

Ruled lines for writing the answer to the prompt.



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT DO I NEED MORE OF IN MY LIFE?



SHADOW WORK PROMPTS FOR SELF GROWTH

**DESCRIBE ONE OF YOUR MOST MEMORABLE
MOMENTS.**



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHAT WOULD I TELL 5- OR 9-YEAR-OLD
ME?**



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHAT ADVICE MIGHT MY FUTURE SELF
GIVE ME?**



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I COMPARE MYSELF TO ANYONE? DO THEY MAKE ME JEALOUS? WHY?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS MY BEST SKILL/ASSET?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT DID I LEARN FROM MY BIGGEST MISTAKE IN MY LIFE?



SHADOW WORK PROMPTS FOR SELF GROWTH

**NAME 5 THINGS THAT ALWAYS MAKE ME
FEEL BETTER.**



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT DID THE PAST YEAR TEACH ME ABOUT MYSELF?



SHADOW WORK PROMPTS FOR SELF GROWTH

LIST 5 THINGS THAT YOU ARE REALLY GOOD AT.



SHADOW WORK PROMPTS FOR SELF GROWTH

**AM I IN LOVE WITH ILLUSIONS AND
FANTASIES OR TRUTHS AND REALITIES?**



SHADOW WORK PROMPTS FOR SELF GROWTH

**DO I LIVE MOSTLY IN THE PAST, PRESENT OR
FUTURE?**



SHADOW WORK PROMPTS FOR SELF GROWTH

AM I AFRAID OF BEING ALONE? IF SO, WHAT
AM I AVOIDING IN MYSELF?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHEN THINKING ABOUT DEATH, WHAT WORDS DO I TEND TO USE FREQUENTLY?



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I LISTEN MORE THAN I SPEAK? AM I PRESENT IN LIFE MORE THAN ABSENT?

Lined writing area consisting of multiple horizontal lines for user input.



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I ALLOW MYSELF TO BE VULNERABLE
ENOUGH TO LET PEOPLE INTO MY LIFE?
WHAT IS HOLDING ME BACK?



SHADOW WORK PROMPTS FOR SELF GROWTH

**IN SEX/SEXUALITY, WHAT IS SOMETHING
THAT MAKES ME OVERWHELMINGLY
UNCOMFORTABLE?**



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I TEND TO PUT MY OWN NEEDS AND DESIRES ASIDE TO HELP OTHERS?



SHADOW WORK PROMPTS FOR SELF GROWTH

**AM I CONFIDENT “WALKING TO MY OWN
BEAT” OR DO I NEED OTHERS VALIDATION?**



SHADOW WORK PROMPTS FOR SELF GROWTH

IF MY BODY COULD TALK, WHAT WOULD IT
TELL ME?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT DO I NEED MORE OF IN MY LIFE?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT DO I WISH THAT I HAD MORE TIME FOR?



SHADOW WORK PROMPTS FOR SELF GROWTH

IS QUESTIONING MYSELF, OTHERS AND THE WORLD A BIG PART OF MY LIFE?



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHEN DO I FEEL MOST IN TUNE WITH
MYSELF?**



SHADOW WORK PROMPTS FOR SELF GROWTH

**EXPLAIN IN DETAIL YOUR FAVORITE
MEMORY.**

Lined writing area consisting of 20 horizontal lines for text entry.



SHADOW WORK PROMPTS FOR SELF GROWTH

HOW DO I EXPRESS MYSELF CREATIVELY?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHEN PEOPLE COME TO ME FOR HELP,
WHAT DO THEY USUALLY WANT HELP WITH?



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I HAVE TROUBLE ASKING FOR HELP? WHY IS THAT?



SHADOW WORK PROMPTS FOR SELF GROWTH

**DO I HELP OTHERS TO BENEFIT THEM
SELFLESSLY OR IS IT TO BENEFIT MY OWN
EGO?**



SHADOW WORK PROMPTS FOR SELF GROWTH

**IF I HAD TO GIVE A 'TED TALK' TOMORROW,
WHAT WOULD IT BE ABOUT?**



SHADOW WORK PROMPTS FOR SELF GROWTH

HOW DO I REACT TO CRITICISM?



SHADOW WORK PROMPTS FOR SELF GROWTH

IS THERE SOMETHING THAT I KEEP RUMINATING ABOUT THAT HAPPENED IN THE PAST? HOW DOES THAT AFFECT ME IN THE PRESENT?



SHADOW WORK PROMPTS FOR SELF GROWTH

I FEEL INNER PEACE WHEN...



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT AM I MOST GRATEFUL TO HAVE IN MY
LIFE?



SHADOW WORK PROMPTS FOR SELF GROWTH

HOW CAN I MERGE THE ENERGIES OF MY PRIVATE AND PUBLIC SELF, BETWEEN MY NEED TO GO INWARDS AND MY DESIRE TO EXPLORE OUTWARDS?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS MY PURPOSE IN LIFE?



SHADOW WORK PROMPTS FOR SELF GROWTH

AM I SERVING MY PURPOSE?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT CAN I TRANSFORM AND RENEW AT THIS TIME?



SHADOW WORK PROMPTS FOR SELF GROWTH

AM I TRULY RELAXING OR AM I JUST
DISSOCIATING FROM MY CURRENT STRESS?



SHADOW WORK PROMPTS FOR SELF GROWTH

**WRITE ABOUT THE HAPPIEST TIME IN YOUR
LIFE.**



SHADOW WORK PROMPTS FOR SELF GROWTH

IN WHAT AREAS OF MY LIFE AM I THE MOST UNHAPPY? (FRIENDS, CAREER, RELATIONSHIPS, FINANCE, ETC...)



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS 1 EVENT THAT TROUBLES ME THAT I WANT TO WORK ON LETTING GO OF? HOW WILL THAT HELP PRESENT/ FUTURE ME?



SHADOW WORK PROMPTS FOR SELF GROWTH

AM I TRULY WORKING ON IMPROVING MY LIFE OR AM I JUST DISTRACTING MYSELF?



SHADOW WORK PROMPTS FOR SELF GROWTH

IF I COULD SAY ONE THING TO THE PERSON WHO HURT ME THE MOST RIGHT NOW, WHAT WOULD IT BE AND HOW WOULD IT MAKE ME FEEL?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS SOMETHING THAT IS REALLY FRUSTRATING/ UPSETTING ME AT THE MOMENT?



SHADOW WORK PROMPTS FOR SELF GROWTH

WRITE ABOUT THE LAST TIME YOU RAN AWAY FROM YOUR RESPONSIBILITIES; CONSIDER WHY YOU DID AND THE RESULTS OF THESE ACTIONS.



SHADOW WORK PROMPTS FOR SELF GROWTH

HAVE YOU EVER CHEATED/LIED TO GAIN/WIN SOMETHING? HOW DID THAT MAKE YOU FEEL IN THE MOMENT AND AFTERWARDS?



SHADOW WORK PROMPTS FOR SELF GROWTH

**AM I LIVING TO MY FULL POTENTIAL? IF
NOT, HOW CAN I CHANGE THAT?**



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I TEND TO BLAME OTHERS FOR MY MISTAKES? WOULD IT HELP ME OR HARM ME IF I WERE TO HOLD MYSELF ACCOUNTABLE?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT TOPICS DO I TEND TO AVOID? WHY DO I AVOID THEM?



SHADOW WORK PROMPTS FOR SELF GROWTH

HOW DOES THE FEELING OF ENVY SHOW UP IN MY LIFE? WHERE DOES THE ENVY STEM FROM? HOW WOULD I FEEL IF I OBTAINED THE THINGS THAT I AM ENVIOUS OF?



SHADOW WORK PROMPTS FOR SELF GROWTH

HOW CAN I BE KINDER TO MYSELF? IN
WHAT WAYS DO I CONSCIOUSLY OR
UNCONSCIOUSLY PUNISH MYSELF?



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHAT ACTIVITY/TASK MAKES YOU FEEL
THE MOST FULFILLED?**



SHADOW WORK PROMPTS FOR SELF GROWTH

**DO I FEEL THAT I AM HEALTHY;
PHYSICALLY, PSYCHOLOGICALLY AND
EMOTIONALLY?**



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT UNHEALTHY ATTACHMENTS (THINGS, PLACES, OR PEOPLE) DO I HOLD ON TO? WHAT FEARS DO I HAVE AROUND THE IDEA OF ENDING THOSE ATTACHMENTS?



SHADOW WORK PROMPTS FOR SELF GROWTH

**IS IT LOVE OR IS IT AN ATTACHMENT?
(WRITE ABOUT THE FIRST THING THAT
CAME TO MIND)**



SHADOW WORK PROMPTS FOR SELF GROWTH

AM I HARDER ON MYSELF THAN I SHOULD BE FOR MY MISTAKES?



SHADOW WORK PROMPTS FOR SELF GROWTH

HOW DO I SHOW UP FOR OTHERS, BUT
FALL SHORT ON SHOWING UP FOR
MYSELF?



SHADOW WORK PROMPTS FOR SELF GROWTH

**HOW DO I BELIEVE THAT PEOPLE
PERCEIVE ME?**



SHADOW WORK PROMPTS FOR SELF GROWTH

THINK OF A RELATIONSHIP THAT YOU'VE WALKED AWAY FROM. WRITE DOWN THE REASONS WHY THAT WAS A POSITIVE DECISIONS.



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHAT MISCONCEPTIONS DO PEOPLE
HAVE ABOUT ME? HOW DOES THAT
MAKE ME FEEL?**



SHADOW WORK PROMPTS FOR SELF GROWTH

WHO LAST/REGULARLY BELITTLED/
DOWNPLAYED MY EMOTIONS? HOW DOES IT
MAKE ME FEEL WHEN THAT HAPPENS?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHICH RELATIONSHIPS IN MY LIFE NO LONGER SERVE ME? WHICH RELATIONSHIPS FEEL OBLIGATORY OR DUTIFUL. CONSIDER HOW YOU'D FEEL IF YOU ALLOWED THOSE RELATIONSHIPS TO DISSOLVE.



SHADOW WORK PROMPTS FOR SELF GROWTH

DO YOU HAVE OR HAVE YOU HAD ANY RECURRING NIGHTMARES? WHAT'S THE THEME? WHAT MIGHT IT RELATE TO? HOW MIGHT YOU CAUSE THE FEAR THAT IS TAKING OVER YOUR NIGHTMARES?



SHADOW WORK PROMPTS FOR SELF GROWTH

THINK OF THE WORST THING YOU'VE EVER DONE. WHAT DROVE YOU TO DO IT? HAVE YOU CONFESSED TO YOUR MISDEMEANOR? ARE YOU AFRAID OF BEING HONEST?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT LIES HAVE I PREVIOUSLY TOLD
MYSELF? HOW DID THIS AFFECT ME?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS THE WORST CHARACTER TRAIT THAT I HAVE AS A RESULT OF MY CHILDHOOD?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHO HAVE I PREVIOUSLY HAD CONFLICT WITH AND ALLEGEDLY RESOLVED, BUT I REMAIN WARY OF SINCE?



SHADOW WORK PROMPTS FOR SELF GROWTH

**HOW DO I VIEW ASKING FOR HELP? IS IT
A SIGN OF STRENGTH OR WEAKNESS?**



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS ONE THING THAT SOMEONE COULD SAY TO ME THAT WOULD BRING ME TO MY KNEES? WHY DO THESE WORDS HOLD SO MUCH POWER IN MY LIFE?



SHADOW WORK PROMPTS FOR SELF GROWTH

AM I AN EGOTISTICAL PERSON? AM I
ABLE TO SEPARATE MYSELF FROM THE
ILLUSION OF SELF THAT I BELIEVE I AM?



SHADOW WORK PROMPTS FOR SELF GROWTH

AM I ABLE TO HAVE AN OPEN MIND AND LISTEN TO OTHER OPINIONS OR AM I CLOSE MINDED TO ANYTHING OPPOSING MY VIEWS? HOW WOULD IT AFFECT MY LIFE IF I WAS MORE OPEN?



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I HAVE GOOD COMMUNICATION SKILLS? AM I ABLE TO EXPLAIN HOW I FEEL AND WHAT I WANT? HOW WOULD IT CHANGE MY LIFE IF I COULD COMMUNICATE BETTER?



SHADOW WORK PROMPTS FOR SELF GROWTH

IN CONFLICT, DO I SHUT DOWN OR AM I OPEN TO COMMUNICATION AND RESOLUTION? HOW DOES THIS AFFECT MY RELATIONSHIPS?

Ruled writing area consisting of 25 horizontal lines.



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I HAVE PREJUDICE AGAINST PEOPLE OF ANOTHER RACE, SEXUALITY, AGE, GENDER OR ETHNICAL GROUP THAN MYSELF? HOW HAS THIS PLAYED OUT IN MY LIFE? HOW DO I BECOME MORE AWARE OF THESE PREJUDICES?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHEN IT COMES TO SOCIAL MEDIA. DO I POST BECAUSE IT MAKES ME HAPPY TO SHARE MY LIFE OR DO I DO IT FOR VALIDATION FROM OTHERS?



SHADOW WORK PROMPTS FOR SELF GROWTH

AM I LIVING AUTHENTICALLY OR DO I
PUT ON A FACADE TO PLEASE OTHERS?



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I FEEL COMFORTABLE EXPRESSING MY OPINIONS AND BELIEFS OR DO I TEND TO FOLLOW THE CROWD? HOW WOULD MY LIFE CHANGE IF I WERE MORE AUTHENTIC?



SHADOW WORK PROMPTS FOR SELF GROWTH

DO I PLAY THE VICTIM TO AVOID RESPONSIBILITY FOR MY ACTIONS? HOW DOES THIS AFFECT ME AND MY RELATIONSHIPS?

Horizontal lines for writing



SHADOW WORK PROMPTS FOR SELF GROWTH

NAME A TIME WHEN YOU FELT LIKE YOU
WEREN'T GOOD ENOUGH? HOW DID THIS
AFFECT YOU?



SHADOW WORK PROMPTS FOR SELF GROWTH

WHAT IS SOMETHING FROM MY
CHILDHOOD THAT SHAPED ME INTO THE
PERSON THAT I AM TODAY?



SHADOW WORK PROMPTS FOR SELF GROWTH

DO YOU BELIEVE THAT SUFFERING IS A NORMAL PART OF LIFE? HOW DOES SUFFERING AFFECT YOU AND HOW DO YOU DEAL WITH IT?



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHY DO YOU BELIEVE THAT SO MANY
PEOPLE IN LIFE ARE LONELY? ARE YOU
ONE OF THEM? WHY IS THAT?**



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHAT DO I BELIEVE IS A DEALBREAKER
IN A RELATIONSHIP? WHY IS THIS THE
LAST STRAW FOR ME?**



SHADOW WORK PROMPTS FOR SELF GROWTH

**WHEN REFLECTING ON MY CHILDHOOD,
WHAT MAKES ME EXTREMELY ANGRY/
DISAPPOINTED TO THIS DAY?**



