

Self Growth

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— 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 ENERGYIS SACRED

WHAT IS SOMETHING THAT OTHER PEOPLE DO THAT ANNOYS ME? HOW DOES THIS REFLECT A PART OF MY LIFE?



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



WHAT IS SOMETHING THAT SPARKS A SHORT FUSE IN ME (AKA TRIGGERS ME)? WHY DOES IT BOTHER ME SO MUCH?



WHAT IS A PROMISE TO MYSELF THAT I HAVE BROKEN OR CONTINUE TO BREAK AND WHY?



IF I HAD EVERYTHING I DESIRED, WHAT WOULD MY LIFE LOOK LIKE?



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



DO I DISLIKE ANYONE? HOW DO I DISPLAY SOME OF THOSE CHARACTERISTICS IN MYSELF?



IF I COULD WRITE A LETTER TO A
PERSON THAT HURT ME, WHAT WOULD
IT SAY?



IN WHAT WAYS DO I FEEL GUILTY? WHY IS THAT?

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IN WHAT WAYS DO I ENVY OTHERS? HOW CAN I START EMBODYING THOSE THINGS THAT I ENVY?



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



WHAT EMOTIONS DO I AVOID (E.G. ANGER, SADNESS, JEALOUSY)?

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WHAT MAKES ME AFRAID TO FEEL
THEM? WHAT AM I AFRAID WILL HAPPEN
IF I FEEL IT?

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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?



IS THERE ANYTHING IN MY LIFE THAT I NEED HELP WITH?



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



WHAT DO I LOVE ABOUT MYSELF?



WHAT DO I NEED MORE OF IN MY LIFE?

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PICK 10 WORDS TO DESCRIBE YOURSELF. EXPLAIN WHY YOU CHOSE THEM.

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WHAT DO I NEED LESS OF IN MY LIFE?

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WHAT IS THE BEST PIECE OF ADVICE I'VE RECEIVED?



DESCRIBE ONE OF YOUR MOST MEMORABLE MOMENTS.

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WHAT POLITICAL ISSUE DO I FEEL MOST STRONGLY ABOUT? WHY?

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WHO AM I MOST THANKFUL FOR IN MY LIFE?

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WHAT ADVICE WOULD I GIVE TO MYSELF FIVE YEARS AGO?



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

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WHAT ADVICE MIGHT MY FUTURE SELF GIVE ME?



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



IS THERE SOMETHING I'M AVOIDING OUT OF FEAR?



IF THERE WERE NO CONSEQUENCES, WHAT IS ONE THING I'D DO AND WHY?



WHAT CAN I DO TODAY BETTER THAN I COULD YESTERDAY?

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WHAT IS MY BEST SKILL/ASSET?

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



IF I COULD CHANGE ONE THING FROM MY PAST WHAT WOULD IT BE AND WHY?



SHADOW WORK PROMPTS FOR SELF GROWTH WHAT DO I VALUE MOST IN LIFE?



DESCRIBE EXACTLY WHAT YOUR DREAM LIFE/FUTURE LOOKS LIKE.



WHAT IS MY IDEAL DAILY ROUTINE?

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SHADOW WORK PROMPTS FOR SELF GROWTH WHAT MAKES ME UNIQUE?



NAME 5 THINGS THAT ALWAYS MAKE ME FEEL BETTER.

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WHAT DID THE PAST YEAR TEACH ME ABOUT MYSELF?

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DO I GET MORE ENERGY FROM BEING AROUND OTHER PEOPLE OR SPENDING TIME ALONE?



WHAT ARE MY CORE VALUES?

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HOW DO I MAINTAIN A LOVING RELATIONSHIP WITH MYSELF?

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WHEN DO I FEEL MOST PRODUCTIVE AND WHY?



WHAT ARE 10 THINGS THAT I'M GRATEFUL FOR?



IF NO ONE ELSE'S OPINION MATTERED, WHAT WOULD I DO?



SHADOW WORK PROMPTS FOR SELF GROWTH WHAT MAKES ME HAPPY?



DESCRIBE YOUR PERFECT MORNING ROUTINE.



WHERE IS MY HAPPY PLACE AND WHY?

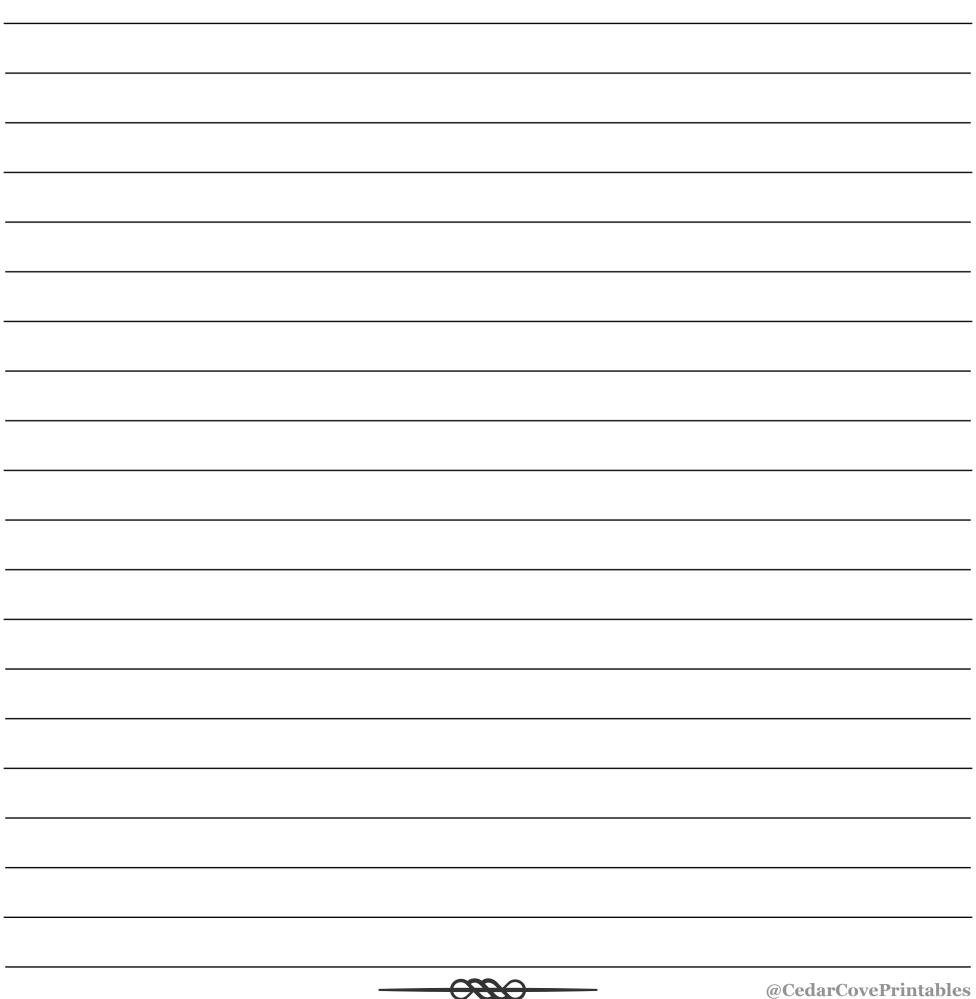


DO I LIKE TAKING RISKS? IF SO, WHY OR WHY NOT?

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SHADOW WORK PROMPTS FOR SELF GROWTH WHAT DO I DESERVE IN LIFE?





LIST 5 THINGS THAT YOU ARE REALLY GOOD AT.



WHAT DOES SUCCESS MEAN TO ME?



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



HAVE I FORGIVEN MYSELF FOR MY FLAWS, FAILURES AND LIMITATIONS?



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



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



DO I REALLY ALLOW MYSELF TO BE HAPPY OR DOES IT TAKE A LOT TO "MAKE" ME HAPPY?

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WHEN I MAKE A MISTAKE, DO I ACCEPT IT, OR DO I HEAVILY JUDGE AND CRITICIZE MYSELF?



DO I TEND TO OVERLOAD MYSELF WITH OTHER PEOPLES BURDEN/PAIN?



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



DO I HAVE A PASSIVE TYPE OF HATRED OR AN AGGRESSIVE TYPE?



CAN I EXPERIENCE FULFILLMENT SOLELY BY MYSELF, OR DO I REQUIRE OTHERS?



IN WHAT WAYS HAVE I BEEN A HYPOCRITE?



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



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



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



IS THERE A PARTICULARLY TRAUMATIC EVENT THAT I CONSTANTLY GRAVITATE BACK TO?



IS MY AFFECTION DERIVED FROM NEEDINESS OR IS IT GIVEN AS A GIFT?



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



HOW AWARE OF MY THOUGHTS, EMOTIONS AND SURROUNDINGS AM I DURING THE DAY?



HOW CAN I MAKE MORE ALONE TIME FOR MYSELF AND TIME TO PRIORITIZE ME?



IF I AM HARD TO PLEASE, HOW CAN I OPEN MYSELF UP TO BE MORE THANKFUL/GRATEFUL?



AM I CONFIDENT "WALKING TO MY OWN BEAT" OR DO I NEED OTHERS VALIDATION?



WHAT LESSONS HAS PAIN TAUGHT ME THAT I CAN PASS ON TO BENEFIT OTHERS?



IF I DIED TOMORROW, WOULD I FEEL AS THOUGH I HAVE LIVED A FULFILLING LIFE?



WHAT HAVE I ACHIEVED IN MY LIFE THAT I AM PERSONALLY PROUD OF?



DO I TEND TO BLAME MY PROBLEMS AND FAILURES ON OTHERS?



DO I FIND MY SEX LIFE/SEXUAL ACTIVITY TO BE REWARDING OR TEDIOUS?



HOW CAN I DEVELOP MORE MOTIVATION, INSPIRATION AND PASSION IN MY LIFE?



WHEN I THINK BACK TO SOME OF MY FIRST MEMORIES, IS THERE HIDDEN TRAUMA?



AM I MOTIVATED MORE BY FEAR OR BY LOVE WITHIN MY OWN LIFE?



WHAT ARE 3 SELF LOVING 'DEEDS' THAT I CAN START DOING FOR MYSELF DAILY?



WHAT CAN I DO TO STIMULATE MINDFULNESS IN MY EVERYDAY LIFE?



HOW CAN I USE SOLITUDE TO CULTIVATE INNER STRENGTH AND PEACE?



DO I PURSUE HAPPINESS OR DO I LIVE IN JOY AND APPRECIATE THE PRESENT MOMENT?



WHAT DOES HAPPINESS MEAN TO ME?



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



WHAT WOULD I DO IF I KNEW I COULDN'T FAIL?

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SHADOW WORK PROMPTS FOR SELF GROWTH WHAT DO I NEED MORE OF IN MY LIFE?



WHAT ARE MY GREATEST LIMITING BELIEFS?

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SHADOW WORK PROMPTS FOR SELF GROWTH WHAT DO I WISH THAT I HAD MORE TIME FOR?



WHAT HAVE I DONE RECENTLY THAT I DIDN'T GET TO BRAG ABOUT?



NAME THREE THINGS THAT YOU LOVE ABOUT YOURSELF.



SHADOW WORK PROMPTS FOR SELF GROWTH WHEN DO I FEEL MOST CONFIDENT?



HOW DO I PERSONALLY SHOW SOMEONE THAT I LOVE THEM?

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WHAT IS SOMETHING THAT I FEEL LIKE NO ONE UNDERSTANDS ABOUT ME?



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



SHADOW WORK PROMPTS FOR SELF GROWTH WHAT ARE MY BIGGEST TIME WASTERS?



WHEN DO I FEEL MOST IN TUNE WITH MYSELF?



SHADOW WORK PROMPTS FOR SELF GROWTH WHO DO I LOOK UP TO AND WHY?



WHAT ACTIVITY LIGHTS ME UP AND HOW CAN I IMPLEMENT IT MORE IN MY LIFE?



WRITE DOWN 3 REASONS THAT YOU DESERVE LOVE.

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WHAT IS SOMETHING THAT I NEED TO FORGIVE MYSELF FOR?



SHADOW WORK PROMPTS FOR SELF GROWTH WHAT HABIT DO I NEED TO STOP?



SHADOW WORK PROMPTS FOR SELF GROWTH WHAT AM I MOST AFRAID OF?



SHADOW WORK PROMPTS FOR SELF GROWTH WHAT AM I MOST PROUD OF?



EXPLAIN IN DETAIL YOUR FAVORITE MEMORY.

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WHAT IS SOMETHING THAT I REGRET NOT DOING? WHY DIDN'T IT HAPPEN?



HOW DO I EXPRESS MYSELF CREATIVELY?

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WHAT IS SOMETHING I'VE HAD TO OR NEED TO UNLEARN?



WHAT IS SOMETHING THAT I DO DIFFERENTLY THAN MOST PEOPLE?

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



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



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

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WHAT MOVIE DO I NEVER GET TIRED OF WATCHING?

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



IF I COULD SWITCH LIVES WITH ONE PERSON, WHO WOULD IT BE AND WHY?



WHAT WAS MY FAVORITE ACTIVITY AS A CHILD?



AS A CHILD, WHO WAS AROUND ME WHEN I SHOWCASED MY TALENTS? HOW DID THEY RESPOND? WAS IT SUPPORTIVE OR NOT? HOW DID I RESPOND TO THEIR REACTION?

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SHADOW WORK PROMPTS FOR SELF GROWTH **HOW DO I REACT TO CRITICISM?**



WHAT DO I BELIEVE IS MY BIGGEST WEAKNESS? HOW CAN I IMPROVE IT?



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



HOW WOULD MY BEST FRIEND DESCRIBE ME?

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SHADOW WORK PROMPTS FOR SELF GROWTH I FEEL INNER PEACE WHEN...



WHAT GOALS AM I WORKING TO	



WHEN I FEEL LUCKY, IN WHAT AREA OF MY LIFE DOES THAT AFFECT?



WHERE IS MY HAPPY PLACE? WHERE MY SOUL FEELS MOST AT HOME.



WHAT AM I MOST GRATEFUL TO HAVE IN MY LIFE?

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IN WHAT AREAS OF MY LIFE DO I FEEL THE NEED TO HAVE CONSTANT CONTROL, INSTEAD OF JUST BEING SOFT, CARED FOR AND NURTURED?

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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?**



WHAT AREAS OF MY LIFE HAVE STRONG DEFENSE MECHANISMS AND LOCKS BUILT AROUND THEM TO PROTECT THEM? WHAT IS IT HIDING?



WHAT CAN I TRANSFORM AND RENEW AT THIS TIME?



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

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HOW CAN I STEP UP FOR MYSELF AND OTHERS WITH INTEGRITY, AUTHORITY, AND POWER WHILST AT THE SAME TIME, WITH LOVE, COMPASSION AND KINDNESS?

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WRITE ABOUT THE HAPPIEST TIME IN YOUR LIFE.

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

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AM I HOLDING MYSELF BACK FROM ACHIEVING MY FULL POTENTIAL?

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

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



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 DESCRIBE A SCENARIO IN WHICH YOU FEEL THAT COMPETITION COULD BE HEALTHY AND PRODUCTIVE. THEN DESCRIBE A SCENARIO IN WHICH COMPETITION COULD BE TOXIC AND UNPRODUCTIVE. THINK ABOUT YOUR OWN COMPETITIVENESS.



WHAT DOES IT FEEL LIKE TO HAVE MY EMOTIONS BELITTLED OR EVEN IGNORED?



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

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

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HOW JUDGED DO I TEND TO FEEL ON A DAILY BASIS? EXPLORE HOW MUCH OF THAT PERCEIVED JUDGEMENT IS REAL AND HOW MUCH IS IMAGINED.

WRITE ABOUT THE LAST TIME YOU TRIED TO MANIPULATE A SITUATION TO YOUR ADVANTAGE? HOW DID THAT MAKE YOU FEEL?

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



DO I TEND TO EXPECT PEOPLE TO CONFORM TO MY WANTS AND NEEDS? HOW DOES THIS AFFECT MY RELATIONSHIPS?



AM I USUALLY MORE SELFISH OR SELFLESS? HOW DO I FEEL ABOUT THIS CHARACTER TRAIT?



WHAT IS ONE EVENT FROM YOUR PAST THAT IN THE MOMENT YOU THOUGHT YOU'D NEVER GET OVER BUT IS NOW OBSOLETE?



WHAT IS MY BIGGEST REGRET IN LIFE?



DO I LIE TO IMPRESS OTHERS? HOW DOES THAT MAKE ME FEEL AFTERWARDS?



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



DO I TAKE ACCOUNTABILITY FOR MY OWN MISTAKES? HOW DO I GROW FROM THEM?



DO I HAVE SELF DESTRUCTIVE TENDENCIES? HOW HAS THIS AFFECTED MY LIFE?



WHAT WOULD YOU DO IF MONEY WAS NOT AN ISSUE?



WHAT IS A PRIVILEGE THAT YOU HAVE AND LIVE WITH? HOW DOES IT AFFECT YOU?



DO I OWE SOMEONE AN APOLOGY? WRITE THEM AN APOLOGY HERE.

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



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



AM I CURRENTLY HOLDING A GRUDGE? HOW DOES THIS AFFECT MY LIFE?



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?



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

ARE MY EXPECTATIONS OF MYSELF TOO HIGH?

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IN WHAT WAYS AM I HOLDING MYSELF BACK?

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DO YOU FEEL FULFILLED IN YOUR CAREER?

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WHAT ACTIVITY/TASK MAKES YOU FEEL THE MOST FULFILLED?



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



SHADOW WORK PROMPTS FOR SELF GROWTH WHAT IS MY DEFINITION OF FAILURE? WHAT IS SOMETHING I'VE FAILED AT PREVIOUSLY AND WHAT EMOTIONS DO I FEEL? HOW DO I **MOVE FORWARD FROM FAILURE?**



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

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



WHAT NEGATIVE EMOTIONS AM I MOST COMFORTABLE FEELING? HOW OFTEN AND WHY DO THESE EMOTIONS SHOW UP IN MY DAY TO DAY?



IN WHAT WAYS DO I HOLD MYSELF TO A HIGHER STANDARD THAN OTHERS AND VICE VERSA? HOW CAN I EQUAL OUT THE PLAYING FIELD?



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



WHAT IS A GRUDGE/ INCIDENT THAT I AM HOLDING ON TO? WHY DO I CHOOSE TO HOLD ON TO THIS BURDEN? HOW CAN I LET GO OF THIS WEIGHT?



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



HOW IMPORTANT AM I TO MYSELF? HOW HIGH DO I PRIORITIZE MYSELF? HOW DO I RATE IMPORTANCE?



IN WHAT WAYS DO I LIMIT MYSELF FROM ACHIEVING MY GOALS/DREAMS?



WHEN IS THE LAST TIME THAT I FELT LET DOWN? HOW DID THAT MAKE ME FEEL?

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HOW DO I BELIEVE THAT PEOPLE PERCEIVE ME?

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WHAT DO I BELIEVE ARE THE WORST CHARACTERISTICS THAT A PERSON CAN HAVE?



WHAT THINGS ARE TRIGGERS FOR ME? CONSIDER WHERE THOSE IRRATIONAL FEELINGS STEM FROM.



DO I TAKE TIME DAILY TO PRIORITIZE MYSELF? WHAT WOULD THAT LOOK LIKE?

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



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



WHAT MEMORIES BRING ME SHAME? THINK ABOUT WHO YOU WERE THEN, WHAT LED YOU TO THAT BEHAVIOR AND HOW YOU'VE CHANGED SINCE.



WHICH TRAITS WOULD I LEAST LIKE TO BE DESCRIBED AS HAVING? WHY DO I THINK OF THOSE TRAITS SO POORLY?

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

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WHAT EMOTIONS TEND TO BRING OUT THE WORST IN ME? WHY DO I LET THEM GET THE BEST OF ME?

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WHEN HAVE I BEEN SELF-SABOTAGING/ DESTRUCTIVE IN MY LIFE? WHAT WAS THE OUTCOME?



THINK ABOUT YOUR FRIENDSHIPS. WHICH ONES MAKE YOU FEEL SAFE, SECURE AND LOVED? DO YOU HAVE ANY IN WHICH YOU FEEL ISOLATED, PRESSURED OR UNCOMFORTABLE? EXAMINE THIS.

EXAMINE THIS.		
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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.

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?

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WHAT KEEPS ME UP AT NIGHT? IS IT BENEFICIAL OR HARMFUL?



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?



WHAT AUTHORITY FIGURES DID I RESPECT GROWING UP? WHAT QUALITIES DID/DO THEY POSSESS?



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



HOW AM I LETTING MYSELF DOWN AT THIS TIME IN MY LIFE?



WHAT SITUATION IN MY LIFE DO I MOST WISH HAD A DIFFERENT OUTCOME? WHAT WOULD MY LIFE BE LIKE IF IT HAD BEEN DIFFERENT?



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



HOW DOES DRAMA HONESTLY MAKE ME FEEL?



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



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

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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?

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DO I TRUST MY OWN INTUITION? WHY OR WHY NOT?



WHAT DOES FREEDOM MEAN TO ME?

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WHAT WOULD I MOST LIKE TO BE RECOGNIZED FOR?



IF GIVEN THE CHOICE WOULD I PREFER FAME AND RECOGNITION OR ANONYMITY IN LIFE? THINK OF THE REALITIES OF FAME. WOULD YOU RATHER THE FORTUNE OR THE FAME?

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

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AS A PERSON, IS RELIGION IMPORTANT TO ME? WHY DO I HOLD THESE BELIEFS SO CLOSE TO MY HEART AND HOW DO I FEEL WHEN SOMEONE OPPOSES MY VIEWS?

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?

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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?



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



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?**



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

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



DO I EMBRACE MY FEMININE AND MASCULINE ENERGIES IN MY DAILY LIFE OR DO I STICK TO THE SOCIETAL EXPECTATIONS FOR MY GENDER/SEXUALITY?

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DO I TREAT OTHERS AS A REFLECTION OF HOW THEY TREAT ME/THEY DESERVE OR DO I TREAT THEM A CERTAIN WAY BASED ON MY PREJUDICE OF THEM?



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?

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AM I HAPPY WITH MY FINANCIAL SITUATION AND HABITS? HOW WOULD MY LIFE CHANGE IF I WAS MORE RESPONSIBLE WITH MY FINANCES?

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AM I A LEADER OR A FOLLOWER? DO I CHOOSE TO BE ONE OR THE OTHER OUT OF COMFORT OR BY CHOICE?

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



DO I TREAT MYSELF LIKE I WOULD TREAT SOMEONE THAT I LOVE? HOW WOULD THAT LOOK LIKE?



AM I KIND TO MY BODY? IF NOT, HOW COULD I TREAT IT BETTER AND HOW WOULD THAT AFFECT MY LIFE?



DO I LET PEOPLE SHOW ME THEIR TRUE COLORS BEFORE FORMING AN OPINION OF THEM OR DO I JUDGE RIGHT OFF THE BAT? HOW DOES THIS AFFECT MY RELATIONSHIPS?

SHADOW WORK PROMPTS FOR SELF GROWTH WHAT TRIGGERS ME TO CRY?



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



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



WHO DO I RELY ON FOR SUPPORT AND ADVICE? WHY DO I TRUST THEIR OPINION SO MUCH?



IN A FEW WORDS, HOW WOULD I DESCRIBE MY CURRENT MINDSET? HOW IS IT AFFECTING ME CURRENTLY?



NAME 4 THINGS THAT YOU COULD LET GO OF THAT ARE HINDERING YOUR PERSONAL GROWTH. HOW WOULD YOUR LIFE CHANGE BY LETTING THEM GO?

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WHAT HEALTHY HABIT COULD I ADD TO MY LIFE RIGHT NOW TO BOOST MY CONFIDENCE?

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HOW CAN I GET OUT OF MY COMFORT ZONE AND PROMOTE GROWTH?



WHAT KIND OF PARENT DO YOU THINK YOU'LL BE? WHAT KIND OF PARENT DO YOU ASPIRE TO BE?



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

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

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WHAT DO YOU BELIEVE THAT PARENTS DO THAT RUIN THEIR CHILDREN'S LIVES AT A YOUNG AGE? HOW DOES THIS AFFECT THEM AS AN ADULT?

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DO YOU STAY IN RELATIONSHIPS/FRIENDSHIPS WITH PEOPLE THAT HAVE HURT YOU? DO YOU BELIEVE THAT THIS IS A FORM OF SELF HARM BY PUTTING THEIR NEEDS AHEAD OF YOUR OWN?

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



WHICH OF MY 'WEAKNESSES' COULD ACTUALLY HAVE A POSITIVE IMPACT ON MY LIFE BY CHANGING MY PERCEPTION OF THEM?

DO I SEE MYSELF AS A TRUSTING PERSON? IF NOT, WHAT HAPPENED TO MAKE YOU LOSE TRUST IN PEOPLE/ SITUATIONS?

THE WAY I SPEND MY DAILY LIFE IS HOW I WILL SPEND THE REST OF MY LIFE. AM I HAPPY WITH THIS THOUGHT OR DOES IT MAKE ME WANT TO CHANGE? WHY DO I ALLOW MYSELF TO LIVE A LIFE THAT I DON'T WANT?

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




# WHAT IS SOMETHING THAT I LOVE NOW THAT I NEVER THOUGHT I COULD HAVE LOVED IN THE PAST? WHAT CHANGED?




WHAT WOULD I CHANGE ABOUT MY FAMILY IF I COULD AND WHAT DIFFERENCE WOULD IT MAKE IN MY LIFE?



IF A CRYSTAL BALL COULD TELL ME THE TRUTH ABOUT MYSELF, MY FUTURE OR ANYTHING ELSE, WHAT WOULD I WANT TO KNOW? HOW WOULD THIS AFFECT ANY FUTURE DECISIONS I MIGHT MAKE?