

**A**

## **My Second Shadow**

Hello my friend. I have a dilemma, or do I? You see, I have a shadow as so many do. She is a mimicker; she copies what I do, when I do it, how I do it. A second skin if you will. Then there's my second shadow. This one... well she's something else. She tends to go off the rails, fly by the seat of her pants and frankly does whatever she pleases.

She tends to get bored with the mundane and creates her own stories of which she plays out at the most inopportune times. I could be in a serious information rich meeting, and she will start making weird noises, day dreaming, or fidgeting. I then must reel her in, ask for reminders or decipher odd doodles into functional notes.

I could be listening to someone speak and she begins planting questions in my thoughts about "hmmm, I wonder if this guy's legit or is his hair real? Nope, those have got to be color contacts. Nobody's that smart." Oi, how to make her stop.

She can often be spotted making mocking gestures, strange faces or off doing her own thing. She's like 'Bob', really, 'What about Bob'? Oi, the uninvited Eddy. She means well, I think, but a little raw and rough around the edges. She flips flops on tasks, thoughts, even words. She is most dependably undependable.

There are times that she's just lazy. Procrastinates the simplest of tasks to work on 5 other things, at one time, just to have to do the procrastinated thing in a hurry. Is she evil? No. Cruel? No. Lazy? Not really. Emotional? Sometimes. Frustrated? Often.

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How do I real her in? I don't. Jung believed that we need to fully accept our "dark side" to be whole. Do I buy this, well now, do I have a choice? Really, 2 halves make a whole, I suppose. The yin to the yang, the good with the not so good and all that jazz. So, yeah. I accept and deal with it. I guess I've come to admire her. She seems unapologetically authentic. Is this the real me or the fantasy me? Reminder; two halves/whole, that thing.

She can be hilarious, mostly annoying. She tends to get into my head; often has me second guessing my actions and my thoughts. There isn't much room for boredom as she's quite entertaining. I often see her as my theatre mask, you know, the one with the happy face AND the sad face. I'm reminded of the movie Princess Diaries when Jane Hathaway's character, Princess Mia learns the art of the fan with her grandmother. Wow... rabbit hole, there she goes again.

Anyway, the Carl Jung belief is taught in psychology the world over that we all have a shadow self. Not necessarily evil but dark or what each of us perceive as unacceptable. But, at the same time we need to accept this darer side of ourselves to be a fully integrated human.

Blah, blah, blah... Is this a human thing, I wonder if animals deal with such things. I mean, really, talk to any animal lover, they will tell you that there are some that are human like. You can see the proverbial wheels turning with the yin vs yang on what to do. Do I really want to listen and come back or how bad do I want that treat? Maybe I will counter surf, he'll never know. I know they say that there's no conscious thought like that of humans, can they prove that though? Inquisitive minds or shadows want to know.

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I don't know about you, but my second shadow tends to pop up at different times, in different forms, and often with no rhyme or reason. She can second guess an outfit or decide to take a "scenic route" just to see where it leads. Yeah, we need to be somewhere at a certain time, but I wonder where this goes. We have plenty of time. The next thing I know I'm calling someone to help me get un-lost because my brain and shadow are no longer on speaking terms to figure out the GPS.

Oh, and you know she talks too. Yeah, she will talk, argue, all the things. Sometimes I wonder if people think about closing the door to my office to keep "it" contained. You know, that's maybe not such a bad thing, hmmm. Other times, I wish she would shush it.

I often refer to her as my "Gemini", the whole twin, split personality thing. It's all good, normal, that's how I'm mad. Some people call it ADD, ADHD, Nero-Divergent. Really though, it's normal. Part of being human. Remember, Jung said self/shadow self, it takes both to be human sooooo, I am very human. Phew, that's a relief.

This assignment or prompt if you will, was difficult for me to wrap my head around. I have read past entries and people are so talented and diverse, my thoughts; you haven't written in years, you're not in the same caliber as the normal entries, yep, there she is again (negative ninny). How does one write on second shadow? Do I do a story, and essay or a mind dump? Guess which one I chose?

Regardless, thank you for reading.