

Tab 1

## **Intro to Shadow Work..**

### **A Gentle Note Before You Begin**

This work is meant to be approached slowly and with kindness.

There is no rush, no finish line, and no right or wrong way to do this.

You are not meant to push yourself, relive everything, or stay inside heavy emotions.

Shadow work is about awareness, not overwhelm.

You might answer one question and stop.

You might come back to this many times.

You might feel nothing one day and more another day.

All of that is okay.

If you notice emotions rising, pause.

Bring your attention back to your body.

Feel your breath. Feel your feet. Look around the room.

You are allowed to move back and forth between feeling and grounding.

This is called titration .....touching in gently, then returning to safety.

You get to decide how much is enough.

Only do this work when you have the capacity for it.

If today is not the day, that doesn't mean you're avoiding it .... it means you're listening.

You don't need to understand everything or fix anything.

Awareness alone creates change.

Let this be a practice of compassion.

Let your body lead.

And trust that even small moments of honesty matter.

## **At-Home Shadow Work Ritual**

For awareness, compassion, and self-forgiveness

Move slowly. Answer what feels alive. You can return to this anytime.

### **PART I: Bringing Awareness to the Shadow (Body First)**

1. What part of me feels most present today?
2. What sensations do I notice in my body right now?
3. What emotion have I been avoiding, minimizing, or pushing away?
4. When I slow down, what does my body want me to notice?
5. What feels uncomfortable to admit — even to myself?

### **PART II: Meeting the Shadow Without Judgment**

6. What patterns in my life bring up the most shame or guilt?
7. What behaviors have I judged myself harshly for?
8. What part of me learned to cope through avoidance, numbing, control, or escape?
9. How has this part tried to protect me?
10. What does this part fear would happen if it stopped doing its job?

### **PART III: Shadow Beliefs & Inner Narratives**

11. What beliefs about myself surface when I'm triggered?

12. Where do I feel these beliefs in my body?
13. Whose voice does this belief sound like?
14. What roles have I taken on to feel safe, loved, or accepted?
15. Who am I afraid I would be without these roles?
- 16.

## 17. **PART IV: Shame, Guilt & Self-Abandonment**

16. Where do I still punish myself for my past?
17. What do I believe I “should have known better” about?
18. How does shame show up in my body?
19. What would soften if I stopped using guilt as motivation?
20. What part of me is asking for forgiveness — not judgment?

## **PART V: Compassion, Forgiveness & Integration**

21. What does compassion feel like in my body?
22. What would it look like to meet myself with honesty and love?
23. What am I ready to forgive myself for — even a little?
24. What feels lighter when I allow myself grace?
25. What new way of being wants to emerge as I release this pattern?

## **Closing (Important for Somatic Safety)**

Pause.

Place a hand on your body.

Notice your breath.

Ask yourself: Do I feel the same, heavier, or lighter than when I began?

There is no wrong answer.

Write a letter of forgiveness to yourself.