

Shadow Work First Aid

QUICK REFERENCE GUIDE

KEY ELEMENTS OF CREATING YOUR SHIFT

1. Emotional Awareness

- pinpointing emotions that are surfacing
- noticing and observing, without judging the emotions as bad or wrong.
- "I FEEL,"** statements rather than **"I AM"** statements.

2. Energy Release

- movement, breathing, sounding
- rage ritual, shaking, tapping, dancing, vigorous exercise

3. Mindset Shift

- identifying underlying stories & beliefs
- noticing and observing, without judging the stories as bad or wrong.
- shifting the narrative using a process such as Flip The Script.



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If you've been triggered by something someone said to you, and you are NOT currently interacting with them...

1. Release energy through a rage ritual, a cleansing scream in your closet or car, vigorous exercise, or physical free-flowing movement
 2. Walk yourself through the Flip The Script process
3. Follow along with a tapping session or guided practice of your choosing
4. If more intense emotions surface, release more energies that may need to move through your body.

If you've been triggered by something someone said to you, and you ARE currently interacting with them...

1. Take a break from the interaction, and go somewhere more private to release energy through a rage ritual, a cleansing scream in your closet or car, vigorous exercise, or physical free-flowing movement
 2. Walk yourself through the Flip The Script process
3. Follow along with a tapping session or guided practice of your choosing
4. If more intense emotions surface, release more energies that may need to move through your body.