



# Shadow Work

## FOUNDATIONAL SELF-REFLECTION

We all have a shadow. It's that within us that's been rejected, suppressed, disowned, or judged as bad or wrong. In a nutshell, it's those aspects of us we don't want to identify with. Often, we don't know what's in our shadow until a trigger exposes it through a life circumstance or conflict with another person.

What you don't own, will own YOU. Any time you feel the need or urge to defend, deflect, or deny...there's more of you you've yet to take ownership of and integrate.

Whether subtly or very loudly and tantrum-like, the shadow may pop up at the most inconvenient times in the most unseemly ways. In the bigger picture, these moments are opportunities your unconscious mind is giving you to EXPAND and HEAL. Since the first step is awareness, that's where we'll begin here today, with the prompts below.

1. What are 5 behaviors or characteristics you can't STAND in other people?
2. What are 5 things you really admire or appreciate in other people?
3. What are 5 things you love or appreciate about yourself that you feel would be "braggy" to talk about?
4. What is something about yourself that you love that is just for YOU, and not for the benefit of someone else?
5. What are 5 beliefs you picked up in your childhood or adolescence about the way life is supposed to be?
6. What are 5 beliefs you picked up in your childhood or adolescence about the way the world operates?
7. What are 5 beliefs you picked up in your childhood or adolescence about relationships?