



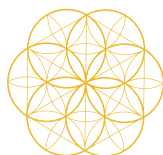
Embracing My Shadow Side.....

What thoughts, emotions, or behaviors do I tend to avoid or suppress?

What are the qualities or traits that I don't like about myself?

What qualities or traits do I tend to hide?

In the darkness I find the light



What behaviors or actions am I ashamed of
or afraid to admit to myself or others?

What do I judge or criticize in others
I see in myself?

What do I want but don't think I deserve?

"A man is whole only when he takes into account his shadow."

