



Shadow Work



Shadow Work



what is the
shadow?

EVERYTHING WE CAN'T SEE IN OURSELVES





Shadow Work

**envy,
rage,
selfishness,
greed,
seeking power**

PERCEIVED AS UNACCEPTABLE





Shadow Work

repressed emotions and feelings

BECOME PART OF OUR SUBCONSCIOUS

*adjusted behaviors to adapt to
external world*

**UNWANTED PARTS GET DRAGGED IN AN
INVISIBLE BAG BEHIND US....**





Shadow Work

**the shadow can
operate on its own
without our full
awareness**

conscious goes on auto pilot and
subconscious takes control

we do things we wouldn't voluntarily do... and we later regret it (if we are aware we did it)... it hurts relationships: spouses, friends, family. (we can even physically manifest reactions we don't want to do)





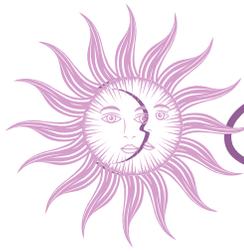
Shadow Work





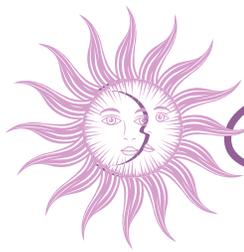
Shadow Work





Shadow Work





Shadow Work

what happens to repressed
shadow?

WHATEVER QUALITIES WE DENY IN
OURSELVES, WE SEE IN OTHERS.
WE PROJECT ONTO OTHERS ANYTHING WE
BURY WITHIN OURSELVES.

projection





Shadow Work

IMPROVED

relationships

when you accept your shadows, you can see yourself more clearly. you become whole, grounded. Then you can easily accept the shadows in others, and their behaviors won't trigger you.





Shadow Work

CLEARER

perception

clearer lens when you see yourself and others as you truly are. you see yourself as enough (not too big, not too small)

**clarity,
compassion &
understanding**





Shadow Work

PHYSICAL HEALTH

enhanced energy

protecting yourself and pretending to be someone else is so EXHAUSTING. work with your shadow .

liberated
strong
balanced
wholeness





Shadow Work

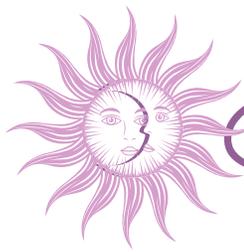
MENTALLY HEALTHY =

greater creativity

Unlock your full creativity potential.

new projects
new ideas
create





Shadow Work how!

- self-compassion
- self-awareness
- pay attention
- be honest
- inner dialogue
- own your projections
- record





Shadow Work

caridad Saenz

carrylove@caridadsaenz.com

