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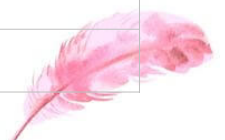
*Shadow Work
Prompts*

to Help You Heal & Grow



How do you think people see you?
How would they describe you?

How do you feel about that?





What things make you judgemental?

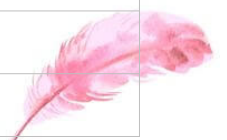
Think about a hypothetical situation in which you'd agree somebody could behave in a way you'd usually judge, yet be entirely innocent.





Who has the most influence over you? Is that healthy?

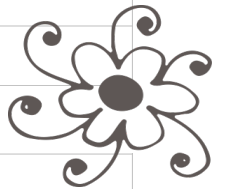
Think of a relationship you've walked away from. Write down the reasons it's been a positive life choice.





Who do you envy? Why?

Lined writing area for the first question.



How might you be able to work towards gaining the things they have that you feel jealousy towards?

Lined writing area for the second question.





What person has hurt you the most in your life?

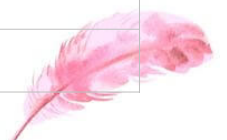
Write them a letter telling them all the things you'd like to say.





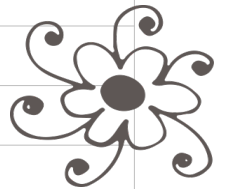
What misconception do people have about you?

How does that make you feel?

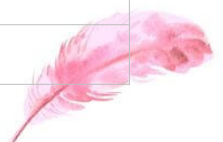




What memories bring you shame?



Think about who you were then, what led to your behaviour, and how you've changed since. Now write out the words: 'I did the best I could at the time and I forgive myself'.





Which traits would you least wish to be described as having?

Why would it be so terrible?





Who regularly (or last) belittles or downplays your emotions?

How does it make you feel?





What do you most dislike about yourself?

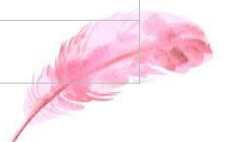
Really examine why that is, and whether you'd feel the same level of distaste for somebody else in your position.





What do you wish people understood about you?

How might you be better able to demonstrate the quality that people tend to overlook?





What's the worst thing
you've ever done?

What drove you to it?



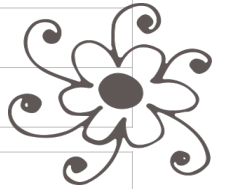
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Have you confessed to your misdemeanour?
Are you afraid of being honest?

Lined writing area for the first section of the worksheet.



Examine why this is and whether it's truly valid.

Lined writing area for the second section of the worksheet.



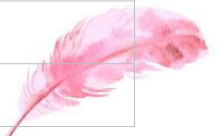
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How are you letting yourself down at this time in your life?

How could you be better to yourself?
Consider your health, finances, relationships, work, etc.





What was your last uncharitable thought? Did you voice it?

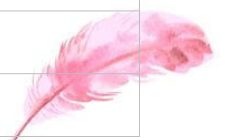
Was it deserved? Were you being unfairly judgemental?





What's your worst childhood memory? Who was there?

How did they comfort you or make it worse? What would you like to say to them? Perhaps write them an unsent letter.





What are your parents' best/worst attributes?

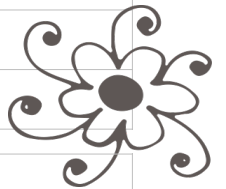
How are you alike/unlike them?





What is the worst emotion somebody could provoke in you?
For example, anger, betrayal, jealousy.

Lined writing area for the first question, consisting of 15 horizontal lines.



Why do you feel so strongly about this?
Does your answer differ according to the person in question?

Lined writing area for the second question, consisting of 15 horizontal lines.





How do you feel about your childhood? Was it generally positive or negative?

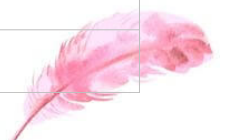
Who made you feel safe and who let you down? Who were you close to?





Who do you hold a
grudge against?

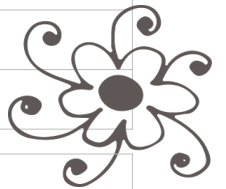
What is stopping you from
letting it go?





Who have you previously had conflict with and allegedly resolved it, but you remain wary of since?

Lined writing area for the first question, consisting of 15 horizontal lines.



How did they make you feel?
What worries you about the relationship now?

Lined writing area for the second question, consisting of 15 horizontal lines.





How do you view asking for help?

Is it a sign of strength or weakness? Why is this?





What could have made your
childhood better?

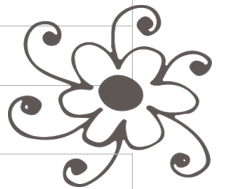
How do you feel about that?





What one thing could somebody say to you to bring you to your knees?

Lined writing area for the first question.



Why do those words hold so much power?
How can you begin to take the power out of those words?

Lined writing area for the second question.





Who have you most let down in your lifetime, and how/why did it happen? Have you made peace with the situation?

Write a letter to the person you disappointed telling them how you feel, even if you don't send it.





Think about the people closest to you. What would you change about them, if you could, to improve your relationship (perhaps something to do with the way you resolve conflicts)?

How does that reflect on you?

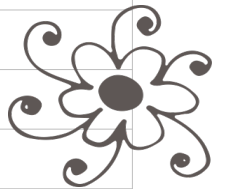


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Based on this exercise, is there anything you could consider improving in yourself to help?





What makes you feel most valued?

What would you most like to be recognised for?



