

75+

Shadow Work  
Prompts  
to Help You Heal & Grow















# Shadow Work Prompts

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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.













# Shadow Work Prompts

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What person has hurt you the most in your life?

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









# Shadow Work Prompts

Who do you feel inferior to?  
Objectively explore whether they have intentionally made you feel this way, or if it's your own feelings of inadequacy creating that illusion.

How do you think they view you or feel about you? Why?















# Shadow Work Prompts

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What emotions tend to bring out the worst in you?

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Why do you think that is?

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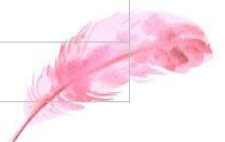


# Shadow Work Prompts

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Who owes you an apology?  
Why? What did they do? Is it possible you misinterpreted the situation?

Write yourself a letter from their perspective, explaining the reasons for their transgression, and apologising.  
Now take a deep breath, and as you exhale breathe out any resentment or hurt you've been holding onto.





# Shadow Work Prompts

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Which relationships in your life no longer serve you?  
Be ruthless – nobody else will see this.

Which relationships feel obligatory or dutiful. Consider how you'd feel if you allowed those relationships to dissolve, then think about whether they're worth trying to salvage, and how you may be able to do that. Perhaps write a letter to that person/those people.









# Shadow Work Prompts

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Do you have or have you had recurring nightmares?  
What's the theme? What might it relate to?

How might you face the fear causing your nightmare?



# Shadow Work Prompts

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

What drove you to it?

Continue on next page...







# Shadow Work Prompts

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Which of your traits do you find it difficult to accept? Explore why this is. Do you accept these traits in others? Do others readily accept these traits?

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Think of somebody who shares this characteristic with you. Write down three things you admire about them. This trait does not define you; write down three ways that you are more than this characteristic.

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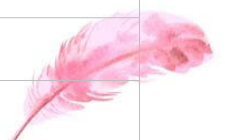
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# Shadow Work Prompts

Negative traits tend to develop in childhood as a defence mechanism. They're useful at the time, but not as adults. List your least desirable traits. Where do they come from?

Think about their purpose, and write about more positive and productive behaviours you could use instead. Think about others you know who display these traits too, and how they make you feel. Make a promise to yourself to remember to look past the trait to the vulnerability behind it in future - we do not know other people's stories.



# Shadow Work Prompts

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What authority figures (individuals as opposed to institutions) did you respect growing up?

What qualities did/do they possess? Do you share those traits?  
How might you develop/enhance them?











# Shadow Work Prompts

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

Was it deserved? Were you being unfairly  
judgemental?



# Shadow Work Prompts

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Who has let you down the most in your life? Are they still around?

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How do you feel about that?

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# Shadow Work Prompts

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List out your core values. Are you living in alignment with them? What could you change to be more in harmony with them?

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Do they match those of your childhood caregivers? If not, explore why this might be.

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# Shadow Work Prompts

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In what ways are you similar to your parents or childhood caregivers?

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Is this a conscious decision? In what ways would you like to emulate them?  
How do you actively choose (or try) to be different?

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# Shadow Work Prompts

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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.













# Shadow Work Prompts

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What are your parents' best/worst attributes?

How are you alike/unlike them?



# Shadow Work Prompts

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

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







# Shadow Work Prompts

Who do you hold a  
grudge against?

What is stopping you from  
letting it go?







# Shadow Work Prompts

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What makes you self-conscious around others?

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What makes you feel unsafe? Explore this.

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# Shadow Work Prompts

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







Notes

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