shadow work prompts

started _____

thirty to start with. go slowly and skip any that are not for now

- [ ] 1 Which parts of yourself do you show only to a few people? Why those people?
- [ ] 2 Describe the last time you reacted more strongly than a situation called for.
- [ ] 3 Which trait in other people irritates you most? Describe it in detail.
- [ ] 4 What were the unspoken rules in your house growing up?
- [ ] 5 Finish this sentence five times: I am the kind of person who always...
- [ ] 6 Which feeling were you told was bad to have?
- [ ] 7 Which pattern repeats across your friendships?
- [ ] 8 What have you learned about yourself in these pages that you did not know before?
- [ ] 9 What do you hope nobody ever says about you?
- [ ] 10 What was the first thought you had in that moment? Write it exactly.
- [ ] 11 Where, even a little, does that trait live in you?
- [ ] 12 Which feelings were welcome at home, and which were not?
- [ ] 13 Which of those sentences would you like to stop being true?
- [ ] 14 When did you last feel envy? What did it point at that you want?
- [ ] 15 Which pattern repeats in your romantic life, or your closest relationships?
- [ ] 16 Which hidden quality turned out to have a gift inside it?
- [ ] 17 Finish this sentence ten times: I am not the kind of person who...
- [ ] 18 Where in your body did you feel it, and what did it feel like?
- [ ] 19 Who do you judge quickly, and what do you judge them for?
- [ ] 20 What did you get praised for as a child?
- [ ] 21 What do you believe you have to do to be loved?
- [ ] 22 Write about anger you swallowed. Where did it go?
- [ ] 23 What do you do when someone gets close?
- [ ] 24 Where could your anger become honesty, or your stubbornness become persistence?
- [ ] 25 Which compliment do you find hardest to accept? What does it ask you to believe?
- [ ] 26 Which tone of voice in others puts you on edge?
- [ ] 27 Which person do you admire so much it is almost uncomfortable? What do they have?
- [ ] 28 What got you into trouble?
- [ ] 29 What do you believe you have to do to be safe?
- [ ] 30 What does anger protect in you?

writing prompt

date _____

Which parts of yourself do you show only to a few people? Why those people?

writing prompt

date _____

Describe the last time you reacted more strongly than a situation called for.

writing prompt

date _____

Which trait in other people irritates you most? Describe it in detail.

writing prompt

date _____

What were the unspoken rules in your house growing up?

writing prompt

date _____

Finish this sentence five times: I am the kind of person who always...

writing prompt

date _____

Which feeling were you told was bad to have?

writing prompt

date _____

Which pattern repeats across your friendships?

writing prompt

date _____

What have you learned about yourself in these pages that you did not know before?

writing prompt

date _____

What do you hope nobody ever says about you?

writing prompt

date _____

What was the first thought you had in that moment? Write it exactly.

writing prompt

date _____

Where, even a little, does that trait live in you?

writing prompt

date _____

Which feelings were welcome at home, and which were not?

go gently

before you begin

Shadow work asks hard questions. Take one page at a time, skip any prompt, and stop when you have had enough for the day.

why i am doing this work

who and what supports me

how i will look after myself after a hard page

reaction log

date	what happened	what i felt	the old story	what i needed