
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?

Shadow work prompts, continued

STARTED _____

- ☐ 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 _____

1 OF 12

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

2 OF 12

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

3 OF 12

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

4 OF 12

What were the unspoken rules in your house growing up?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

5 OF 12

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

6 OF 12

Which feeling were you told was bad to have?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

7 OF 12

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 _____

9 OF 12

What do you hope nobody ever says about you?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

10 OF 12

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

11 OF 12

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Writing prompt

DATE _____

12 OF 12

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

.....

.....

.....

.....

.....

.....

[illegible]