
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 _____

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

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7 OF 12

Which pattern repeats across your friendships?

Writing prompt

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8 OF 12

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

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WHO AND WHAT SUPPORTS ME

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HOW I WILL LOOK AFTER MYSELF AFTER A HARD PAGE

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Reaction log

[illegible]