

A decorative white frame on a black background. The frame has a central rectangular opening with rounded corners. The frame is adorned with intricate line art: large leaves at the top and bottom, roses on the left and right sides, and butterflies at the top and bottom corners. The central area of the frame has a dark, starry background.

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The
**SHADOW
WORK
JOURNAL**

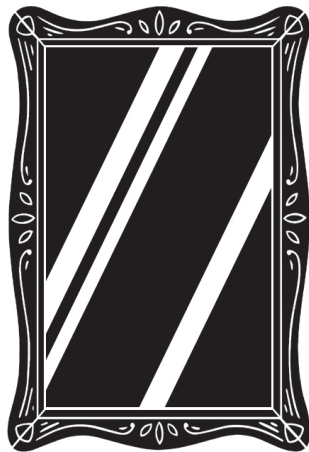
A Guide to Integrate and
Transcend Your Shadows

**KEILA
SHAHEEN**

The
SHADOW-WORK JOURNAL

OceanofPDF.com

The
SHADOW-WORK JOURNAL



A Guide to Integrate and Transcend Your Shadows.



ONE PLACE. MANY STORIES

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Disclaimer

This book is not a substitute for one-to-one live therapy, which some people will unquestionably need. If you feel you need one-to-one or group professional support, please prioritise getting help via your doctor or local mental health organisations. There is a list of resources and support organisations listed at the end of the book.

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WHERE TECHNOLOGY MEETS INNER–TRANSFORMATION.

- Track Triggers
 - Check In Feelings
 - Journal Prompts
 - Healing Exercises
-
- View Emotional Patterns Over Time

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DECLARATION *of* INTENT

I, _____, vow on this day to commit to my personal growth and acceptance. I promise to fill this journal out with an open heart and good intentions. I acknowledge that there are both pure and wounded parts to my being, and I choose to embrace and nurture both. I look forward to unveiling my shadows and bringing more light into this world through my personal journey of self-reflection and healing.

SIGNATURE

START DATE

COMPLETION DATE



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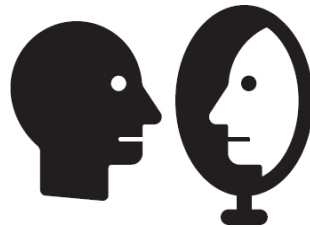
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“UNLESS YOU LEARN TO FACE YOUR OWN SHADOWS, YOU WILL CONTINUE TO SEE THEM IN OTHERS, BECAUSE THE WORLD OUTSIDE OF YOU IS ONLY A REFLECTION OF THE WORLD INSIDE OF YOU.”

CARL JUNG

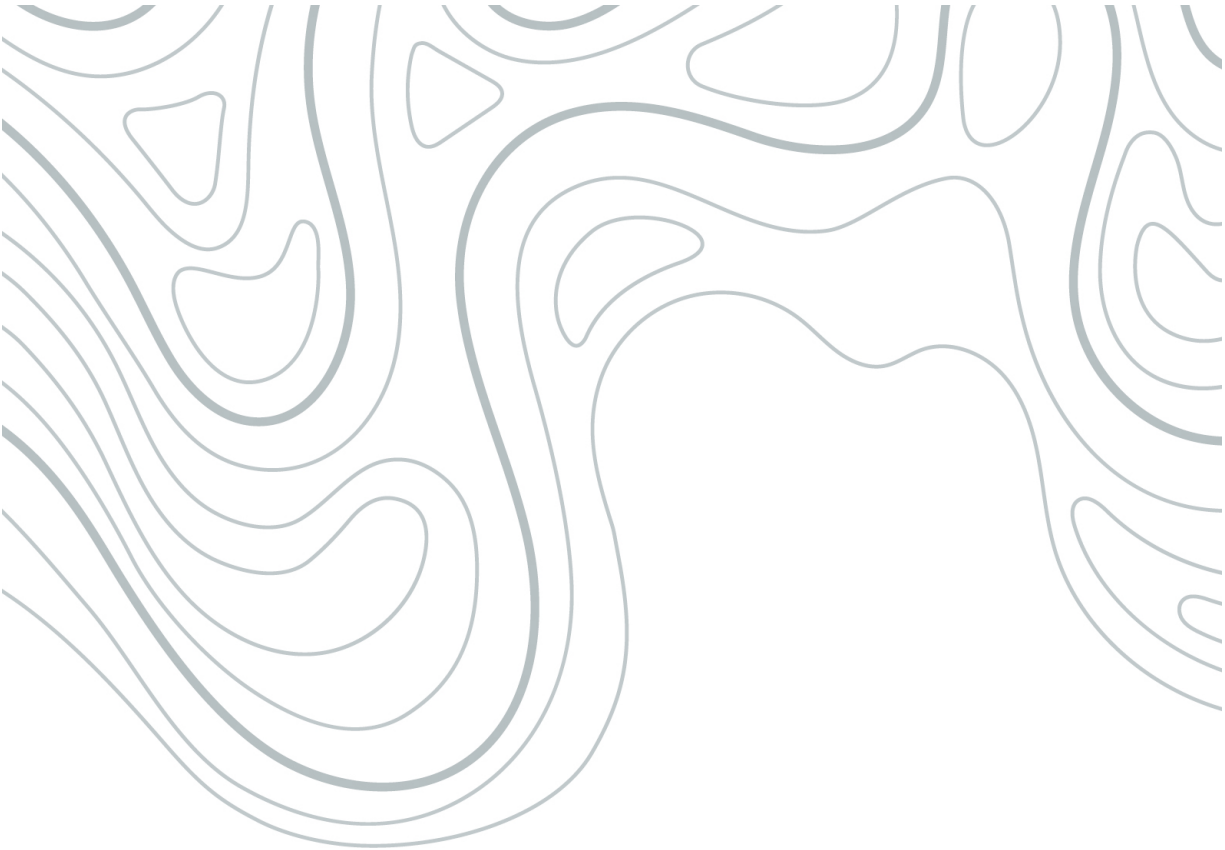


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Shadow Work Introduction

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What is Shadow Work?

Shadow work is about revealing the unknown. The shadow is an unconscious aspect of your personality that the ego does not identify with. You may experience your shadow when you're triggered in social interactions, relationships, in episodes of anxiety or sadness.

The unconscious mind contains repressed emotions from painful events, causing impulsive behaviors and unwanted patterns that form your "dark side". In short, the shadow is composed of the parts of yourself that you have forgotten, abandoned, and repressed in order to grow and fit in with the mold of society. Think back to your childhood and recall the ways in which you would express yourself only to be rejected. You may have been

crying and told to stop. You may have been laughing uncontrollably in a classroom and given a dirty glance from your teacher or peers.

There are countless ways in which you may have been reprimanded for what was deemed as “bad” and praised for what was “good” - learning to adjust your behavior accordingly. These repressed parts of yourself don’t go away forever. They are stored and locked inside your unconscious mind. Shadow Work is the process of revealing, accepting, and integrating these parts of yourself that you have repressed and rejected. The techniques in **The Shadow Work Journal** will allow you to dive into unconscious pockets of repressed emotions and transcend the negative effects they currently have on your well-being.

The goal is to make the unconscious conscious so that you may work on them in self-reflection and acceptance. While anyone can do shadow work, a licensed mental health expert is a good option, especially for individuals who have experienced severe trauma or abuse.

Before beginning your shadow work, it is important to set an intention to openly notice and question your own reactions. The shadow is apparent in strong emotions and dissatisfaction. Be sure to keep a mental log of these sensations to truly understand where patterns occur, and use this journal as a tool to identify what is causing them. The **“get to the root”** pages are an excellent resource to track your shadows and their roots.

Why Shadow Work is Important

There are many benefits to shadow work. Your pains and triggers can be guides to help you understand what you deeply care about, bringing you closer to your life purpose. Conversely, you will come to identify toxic patterns in your life and change them completely.

Another benefit of shadow work is that you will develop more courage and confidence to face the unknown and **embody your whole self**.

You will develop deeper love, acceptance, and understanding of yourself, which helps improve your relationships with others. Practicing shadow work helps you separate from egotistical thoughts and will increase empathy and compassion for others. Compassion in turn helps exercise other forms of positive emotions like gratitude that can better your mental and physical health.

Failure to face and deal with the shadow elements can be the seed of adversities and prejudice between unrepresented groups or individuals, and can trigger anything from a small argument to a major war. Recognizing shadow elements is an integral part of becoming a compassionate and reasonable individual.



The Father of Shadow Work: Carl Jung

The concept of the shadow was first developed by Swiss psychiatrist and psychoanalyst Carl Jung. Jung believed that exploring the shadow was essential for personal growth and individuation, the process of becoming one's authentic self. The shadow refers to the unconscious parts of our psyche that contain our repressed thoughts, feelings, and impulses. It is the side of ourselves that we reject or hide from others, and often from ourselves. However, these repressed aspects of ourselves can still influence our behavior and emotional states.

Understanding the Psyche

The psyche is a term used to describe the inner world of our thoughts, feelings, and emotions. It is the source of our experiences, motivations, and behaviors, and it is constantly evolving and changing throughout our lives. Understanding the psyche is key to understanding ourselves and the world around us.

Jung believed that the psyche was composed of several distinct but interrelated parts, including the conscious mind, the unconscious mind, the personal unconscious, and the collective unconscious.

The conscious mind is the part of our psyche that is aware of our thoughts and experiences. The unconscious mind contains thoughts, feelings, and experiences that are outside our conscious awareness. The personal unconscious is the part of the psyche that contains repressed thoughts, feelings, and experiences, while the collective unconscious is the part of the psyche that contains archetypes, universal symbols and themes that are shared by all people. One of the key benefits of understanding the psyche is increased self-awareness.

When we have a greater understanding of our thoughts, feelings, and emotions, we can make more conscious choices, improve our relationships with others, reduce anxiety and emotional distress.

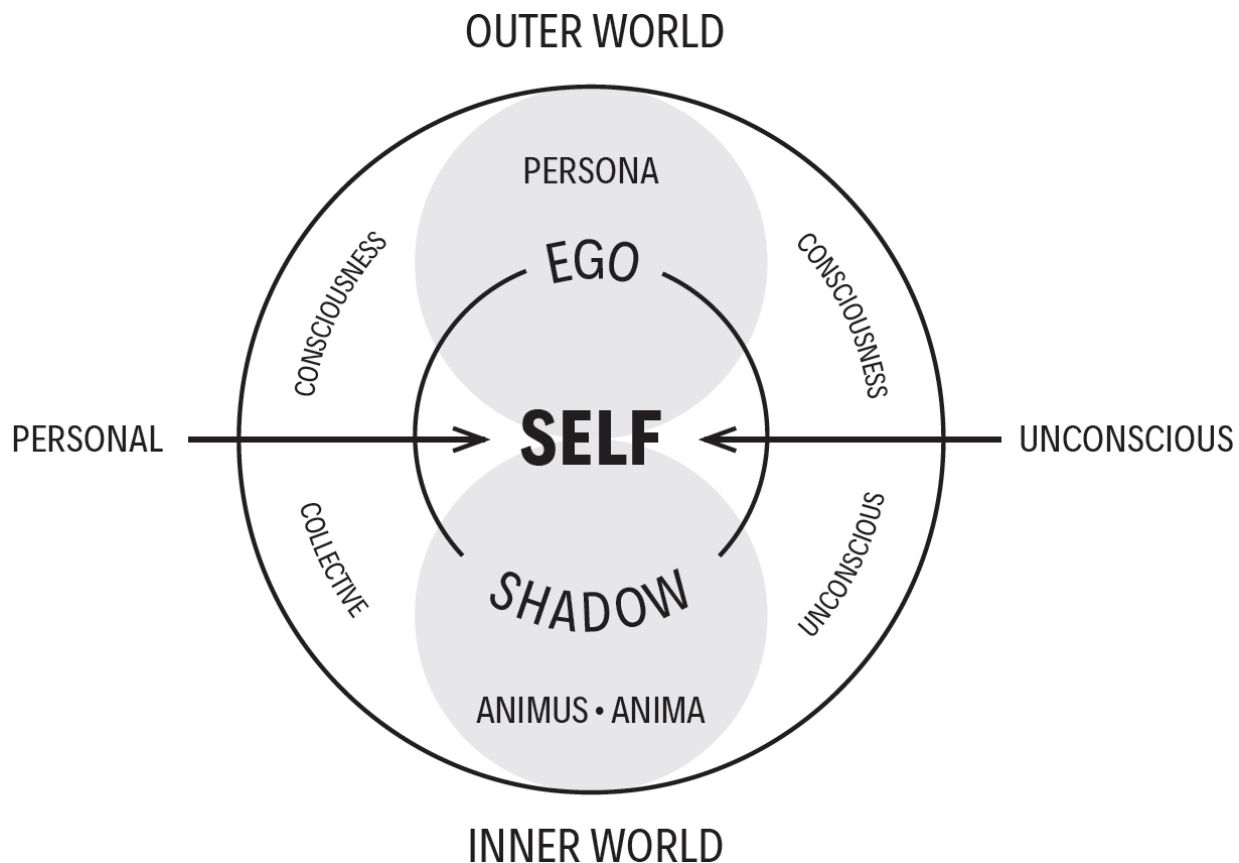


Figure 1: Jung's model of the Psyche

Jung believed that exploring the psyche was essential for personal growth and individuation, the process of becoming one's authentic self. He believed that by exploring the unconscious mind, we could gain a deeper understanding of our motivations, reactions, and behaviors, and make changes to live more authentic lives. Jung's theories have been highly influential in the field of psychology and have been further developed by other psychoanalytic theorists, including Sigmund Freud and Melanie Klein. Today, the study of the psyche is an interdisciplinary field that draws on psychology, neuroscience, philosophy, and spirituality.

“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

-CARL JUNG

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MIND TRAPS

ANCHORING

The first thing you judge influences your judgment of all that follows.

CONFIRMATION BIAS

You favor things that confirm your existing beliefs.

REACTANCE

You'd rather do the opposite of what someone is trying to make you do

SUNK COST FALLACY

You irrationally cling to things that have already cost you something.

DUNNING KRUGER EFFECT

The idea that people with limited competence or skill in a particular domain or situation overestimate their abilities.

BACKFIRE EFFECT

When your core beliefs are challenged, it can cause you to believe in them more strongly.

DECLINISM

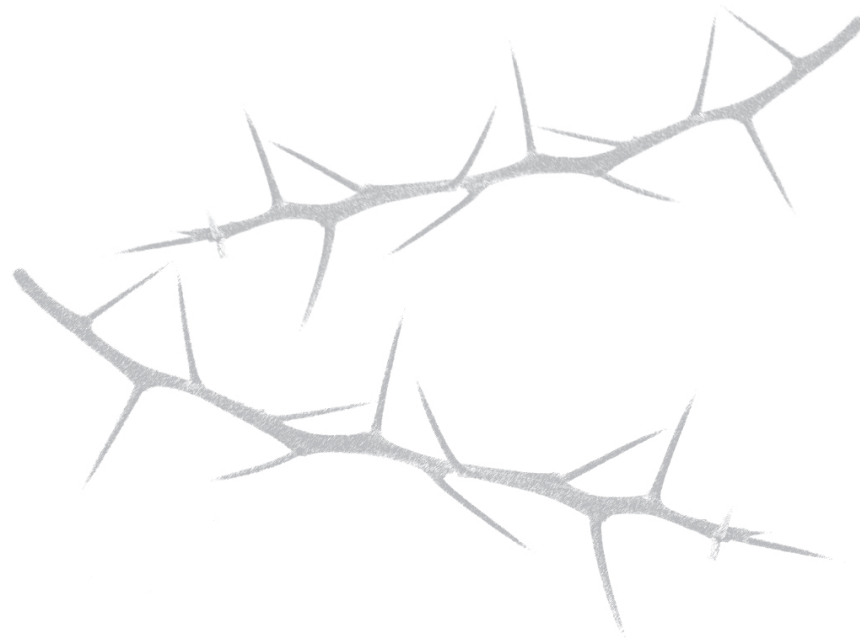
You remember the past better than it was, and expect the future to be worse than it will likely be.

FRAMING EFFECT

You allow yourself to be influenced by context and delivery.

NEGATIVITY BIAS

You allow negative things to disproportionately influence your thinking.



How to do Shadow Work

Shadow work involves exploring these unconscious aspects of ourselves in a safe and controlled environment. This can include journaling, meditation, therapy, or working with a spiritual teacher or guide (**The Shadow Work Journal** can serve as your guide). The goal of shadow work is to bring the unconscious into consciousness and integrate it into our lives. By doing this, we can gain a greater understanding of our motivations, reactions, and behaviors, and make changes to live more authentic lives. We all have multiple parts to ourselves, and if we don't embrace the entirety of our being, we wouldn't be able to live a whole and authentic life. The process of integrating the shadow leads to self-acceptance, forgiveness, and unconditional love.

In order to flush out your shadow, you must be willing to catch yourself in moments of negativity and question where it stems from. Use this journal's "**Getting to the Root of your Shadow**" pages when you notice yourself

becoming irritated, anxious, angry, or sad. When facing your shadow, it is important to take small positive actions that improve your physical and mental well-being. Drink more water than you think you need, dress up more, shower, cleanse your face, eat something light and healthy, do breathing exercises, or listen to music you enjoy. Know that the discomfort will pass and you will feel like yourself again.

“Knowing your own darkness is the best method for dealing with the darkneses of other people.”

-CARL JUNG

The shadow carries all the things we do not want to know about ourselves or do not like. While difficult and painful, it is important that we work at owning our shadow to bring it into a relationship with our consciousness. Owning up to our shadow is an important part of self-awareness and healing. As you go through **The Shadow Work Journal**, remember to show those parts of yourself unconditional love.

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The Mindset: Self-Compassion

One of the key aspects of shadow work is self-compassion. When we begin to explore the shadow, it can be challenging to face the parts of ourselves that we reject or hide. It is important to approach shadow work with a non-judgmental attitude and to treat yourself with the same kindness and compassion that you would offer a friend. By doing this, you can create a safe and supportive environment for exploration and growth. Self-compassion involves recognizing and accepting our own human limitations, failures, and experiences of suffering, rather than harsh self-criticism and judgment.

Our culture often emphasizes perfectionism and individual achievement, which can lead to feelings of inadequacy and self-criticism when we fall short.

Self-compassion is the foundation of a meaningful life, for it is only through the lens of kindness and understanding towards ourselves that we truly can see and accept others.

The Importance of Grounding

Another important aspect of shadow work is grounding. Shadow work can be intense and emotionally challenging, and it is important to take steps to ensure that you are in a safe and stable state of mind before and after the process. This can include meditation, deep breathing, or other practices that help you feel centered and grounded. Whenever you need it, flip to the grounding technique page found later in this journal. Grounding is a technique that helps to anchor us in the present moment, to connect with our bodies, and to find stability and balance in a chaotic world. Grounding is about being fully present in the moment and in our bodies. It helps to reduce stress and anxiety by bringing us out of our heads and into the present moment.

Grounding can also help to increase focus and concentration.



It is important to ground yourself before and after using **The Shadow Work Journal**.

Here are a few ways to easily ground yourself:

1. Simple Recognition

Recognize common humanity: Remember that everyone experiences setbacks, failures, and moments of suffering. You are not alone, and your experiences are a normal part of the human experience.

2. Self-care

Engage in activities that bring you joy, relaxation, and a sense of well-being. This can include things like exercise, hobbies, spending time with loved ones, and getting enough sleep.

3. Affirmations

Using positive affirmations can help to reduce stress and increase feelings of well-being.

4. Sensory stimulation

Engaging our senses through activities such as walking in nature, smelling essential oils, or eating a nourishing meal can help to bring us into the present moment.

5. Deep breathing

Taking slow, deep breaths can help to calm the mind and reduce stress.

How to Spot Your Shadow-Self

Spotting your shadow-self often begins with noticing your triggers, recognizing patterns in your behavior and life experiences, and understanding your projections.

1. Noticing Your Triggers

Triggers are emotional responses that are often intense and seemingly disproportionate to the situation at hand. They are indicators that a part of you, often a shadow aspect, feels threatened or hurt. When you're triggered, it can feel as if you're reacting automatically, without a conscious choice. These triggers are valuable clues, pointing towards your underlying unresolved issues or 'shadows'. To spot your triggers, take a step back and objectively look at situations that cause you to react intensely. Is there a common theme or factor? It could be a word, an action, a type of person, or even a place that repeatedly causes an emotional upheaval in you.

2. Recognizing Patterns

Patterns are repetitive behaviors that may not serve you but seem hard to break free from. They often manifest in your relationships, choices, reactions, or habits. These patterns can be a sign of a shadow self that's trying to make its presence felt. Recognizing these patterns involves self-reflection. Consider the common threads in your past experiences, relationships, and reactions. Are you repeatedly drawn to similar types of relationships or situations, only to experience the same outcomes? Do you often react in the same way, even when you wish you didn't? These repetitive patterns might indicate areas where shadow work can be beneficial.

3. Understanding Projections

Projections are aspects of ourselves that we unconsciously place onto others. These can be qualities that we both admire and detest. When we have a strong emotional reaction to someone else's behavior or qualities, it often signifies a disowned part of ourselves – a shadow aspect.

To understand your projections, consider the characteristics in others that you find extremely irritating or, conversely, overly admire. Then, ask yourself if these traits could be parts of yourself that you've disowned or idealized.

4. Pay Attention to Dreams

Your dreams are a rich source of symbolism and an unconscious vault. Try to recall and record your dreams upon waking up. Analyze the symbols, emotions, and themes present in your dreams. They can provide valuable insights into your shadows, fears, desires, and unexpressed parts of yourself.

5. Explore Childhood and Past Experiences

Reflect on your childhood, family dynamics, and significant life events. Identify any unresolved issues, traumas, or unmet needs that might have contributed to the development of your shadows. Exploring these experiences with compassion and curiosity can lead to profound healing and integration.

Integrating Your Shadow-Self

Emotional Freedom Techniques (EFT) tapping is a powerful therapeutic tool that combines elements of cognitive therapy and acupuncture. It can be a valuable method for integrating your shadow self and facilitating deep emotional healing. By combining specific tapping sequences on meridian points with focused attention on unresolved emotions and beliefs, EFT can help release energetic blockages, promote self-acceptance, and facilitate the integration of shadow aspects. In this guide, we will explore how to use EFT tapping as a means of integrating your shadow self and promoting holistic healing.

Identify the shadow aspects you wish to integrate. Reflect on the emotions, beliefs, or memories that arise when you think about these aspects. Learn the Basic Tapping Points: Familiarize yourself with the basic tapping points used in EFT. These points include the top of the head, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, and under the arm. Gently tap each point with two or three fingers while repeating a relevant statement or focusing on the associated emotion.

Another technique is to use inner-child affirmations. Craft affirmations that specifically address the shadows you have identified. Affirmations should be positive, present-tense statements that reflect self-acceptance, healing, and integration.

Ongoing awareness is a powerful tool for integrating shadows and promoting personal growth. By becoming a “butterfly net” for your triggers and negative thoughts, you can actively engage in the process of identifying, understanding, and integrating your shadows. This practice cultivates self-awareness, empowers you to respond consciously, and opens the door to transformation and healing.

Emotional Triggers

Shame

Shame is an intense emotion that arises when you believe there is something fundamentally wrong with who you are. It is a deeply painful and isolating experience that can stem from feeling unworthy, inadequate, or humiliated. Shame can manifest as a heavy burden that weighs us down, making us feel small and undeserving of love and acceptance. It often arises from societal expectations, past traumas, or internalized beliefs. Overcoming shame requires compassion, self-acceptance, and a recognition of our inherent worthiness as human beings.

Guilt

Guilt arises when we believe we have done something wrong or violated our own moral code. It's a form of self-condemnation and blame, mixed with a sense of regret. Guilt can be a constructive emotion, because it reveals your values and helps you learn from mistakes. It signals a need for accountability and encourages us to make amends or change our behavior.

Anger

Anger is a powerful and complex emotion that spurs in response to perceived threats, in justice, or frustration. It can range from mild to intense and can manifest as a physical and emotional response. Anger is a natural and valid emotion that reveals a need for change or boundaries. Uncontrolled or excessive anger can lead to destructive behavior and harm to oneself and others.

Sadness

Sadness is a deep and poignant emotion that arises in response to loss, disappointment, or unfulfilled desires. Sadness can be triggered by a variety of experiences, such as the loss of a loved one, the end of a relationship, or

unmet expectations. It is a natural and necessary part of the human experience.

Embarrassment

This emotion stems from feeling self-conscious, awkward, or humiliated in social situations. It often happens when you think you have violated social norms. Ongoing embarrassment can lead to feeling shame and a desire to hide.

Jealousy

Jealousy is a cover-up emotion. It masks itself as anger or judgement, when underneath it's sadness and dissatisfaction of self. It can lead you to compare yourself to others, and protect what you have.

Regret

Regret occurs when you feel sadness over past actions or decisions. The truth is that most people regret those things that they *didn't* do more than they regret what they did do.

Fear

Fear is a primal and powerful emotion that arises in response to perceived threats or dangers. It triggers a domino of physiological and emotional responses to keep you "safe". Fear can serve as a protective mechanism, but irrational fear can limit our experiences and growth. Overcoming fear involves understanding its root causes, challenging irrational beliefs, and gradually exposing yourself to feared situations in a safe and supportive manner.

The journey of self-discovery requires the willingness to explore the depths of our shadows and the heights of our potential.

**THE PROCESS OF INTEGRATING SHADOWS IS AKIN TO
ALCHEMY—AN INNER TRANSMUTATION WHERE WE TURN
OUR WOUNDS INTO WISDOM, OUR FEARS INTO COURAGE,
AND OUR LIMITATIONS INTO BOUNDLESS POTENTIAL.**

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“UNLESS WE DO CONSCIOUS WORK ON IT, THE SHADOW IS ALMOST ALWAYS PROJECTED: THAT IS, IT IS NEATLY LAID ON SOMEONE OR SOMETHING ELSE SO WE DO NOT HAVE TO TAKE RESPONSIBILITY FOR IT.”

ROBERT JOHNSON

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UNCONSCIOUS

- Habits + Patterns
 - Emotions
 - Protection
- Controls Bodily Functions
 - Belief
 - Desires
- Blaming, Denying, Lying

- Attachment to Things, Thoughts, Feelings

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CONSCIOUS

- Logic
- Filter
- Analytical
- Movement
- Decision Making
- Short-term Memory
- Will Power

- **Critical Thinking**

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2

Shadow Work Exercises

Inner-Child Affirmations

Gratitude List

EFT Tapping

Breath-work

Visualization Meditations

Wound Mapping

Mirror-Gazing

Fill in the Blanks

SHADOW WORK EXERCISES

The process of training your mind to recognize your shadows can take time and effort. To help with this, it is recommended to set aside 5-10 minutes each week to engage in a shadow work activity. This will give you the opportunity to intentionally reflect on your relationships, reactions, and inner thoughts.

It is important to remember that these exercises may cause discomfort or unease, but this is normal and a necessary part of the process. Use this chapter as a journal to document your findings and insights, and to track the changes and growth of your shadows overtime.

You are encouraged to work through the shadow work activities at your own pace and in any order that suits you best.

Wound Mapping

EXERCISE:

To identify your inner child wound, examine the attributes listed on the following page. The four main types of inner child wounds are abandonment, guilt, trust, and neglect. It is possible that one or more of these may resonate with your personal experience.

WHY:

Being hurt or traumatized, particularly during childhood, can be deeply painful. This exercise aims to help you identify emotional wounds from your childhood that may still impact you today. These wounds often lead to negative behaviors and thought patterns that do not serve you well. By recognizing and understanding your inner child wound(s), you can cultivate a greater sense of self-compassion and lay the foundation for a successful shadow work journey.

ABANDONMENT WOUND

- Feels “left out”
- Fears being abandoned
- Hates being alone
- Co-dependant
- Threatens to leave
- Normally attracts emotionally unavailable people

GUILT WOUND

- Feels “sorry” or “bad”
- Doesn’t like to ask for things
- Uses guilt to manipulate
- Is afraid to set boundaries
- Normally attracts people who make them feel guilty

TRUST WOUND

- Is afraid to be hurt
- Doesn’t trust themselves
- Finds ways to not trust people
- Feels insecure and needs lots of external validation
- Doesn’t feel safe
- Normally attracts people who don’t feel safe

NEGLECT WOUND

- Struggles to let things go
- Has low self-worth
- Gets angry easily
- Struggles to say “no”
- Represses emotions
- Fears being vulnerable

- Normally attracts people who don't appreciate them or make them feel seen

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Fill in the Blank

EXERCISE:

What follows on the next page is a series of “Fill in the Blank” exercises. Read through the paragraph and fill in the blanks without hesitation. If you can’t come up with a word, try looking at your surroundings, find an object, and think of word associations for that object. Then, come back to the paragraph and try again.

WHY:

This series of “fill in the blank” shadow work exercises is a powerful practice that allows you to delve into your unconscious mind and explore the hidden aspects of yourself. By using selective words and word associations, you can gain a deeper understanding of your emotions, beliefs, and behaviors. This exercise provides an opportunity to shed light on the shadows that reside within you, and to gain greater self-awareness and insight into your inner workings.

PART 1

Fill in the Blank

I always feel like I'm the _____ one.

_____ is how I manage to escape.

_____ brings me peace.

I am so tired of _____

and _____ but I feel excited about

_____ and _____.

I want to try to _____ so that I can finally

_____.

For some reason, I always end up _____.

I deserve _____ and _____

_____.

Reflection Questions

Why am I sometimes seduced into a lack mentality?

What self-improvement techniques can I use to replace my negative thoughts with a more empowering belief about myself or the situation?

What kind of thinking do I need to adopt in order to step outside my limiting beliefs and focus on what excites me?

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PART 2

Fill in the Blank

As a child I was told not to _____.

This made me very _____.

I feel like things would be different if

_____.

I wish I could tell my child-self

_____.

I'm so grateful for _____, but wish my guardians
would have _____.

Reflection Questions

What memories did I extract from this exercise?

How can I reframe these memories so that they don't continue to hurt and hinder me in the future?

How can I regularly serve myself with the compassionate consolation that I would give to my child-self?

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PART 3

Fill in the Blank

_____ scares me the most. When I
become scared or anxious I tend to
_____. It sometimes sucks
because
_____ and this makes me feel _____.

My anxiety teaches me that _____ and
_____. I understand that I
am _____ but I love myself
unconditionally.

Reflection Questions

What is my current fear and if it were to happen, what would be the best-case scenario?

If my fears and anxieties were teachers, what lessons would they teach me?

How can I build a more positive outlook on the unknown future?

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PART 4

Fill in the Blank

_____ makes me tense.

I typically feel this tense sensation in my _____.

This makes me very _____.

When this happens, I start to _____.

I think this is because _____ and

_____.

Next time I feel tense, I will soothe myself by _____.

Reflection Questions

When does my anxiety take over my mind and body? Is there a common recurring theme as to what triggers my anxiety?

What can I physically do to release my anxious energy and tension?

What thoughts help soothe my anxiety? How can I improve my self-talk to be less self-critical when these emotions arise?

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PART 5

Fill in the Blank

As a child I was yelled at for _____.

My response was to _____ and

_____. After this, I've always been

_____. I care so much about

_____ and _____. It

triggers me now when _____. I now hold

a compassionate space for my full self and embrace this part of me.

Reflection Questions

In what ways have I been reprimanded in my childhood and beyond?

How did this impact what I choose to do or not do in the present moment?
In what ways am I holding back because of these experiences?

What activities can I partake in to fuel my inner-child and allow them to feel fully expressive?

PART 6

Fill in the Blank

As I grow older, I feel like the _____ part of me drifts further and further away. I feel _____ about this.

Sometimes I put myself in a box by

_____. I understand that I

am ever-changing and evolving each day. One way that I can foster and

nurture my child-self is by _____ and

_____. I will always recognize the

_____ part of me and show that version of myself

love and recognition.

Reflection Questions

What do I admire about my past self that I wish I could continue to foster more in the present day?

When and where do I find myself hiding parts of my personality in order to fit the mold?

What might happen if I were to be my full self during these instances?

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PART 7

Fill in the Blank

As a child, I used to cry when

____. This made me emotional because

____. The color of this sadness was

_____ and it felt very _____.

I value _____ so much. If I could tell my child self anything in

this situation, I would say _____

Reflection Questions

Is the reason for my sadness as a child connected to the reasons I experience sadness as an adult?

How do I behave when I am experiencing sadness? Is this behavioral reaction serving my highest self or not?

What can I do to release pain and sadness when it arises? What are some things I love to do that lift my mood?

PART 8

Fill in the Blank

As a child, I wanted to be a _____ when I
grew up. _____ and

excited me so much! Today, I get excited

about _____ and _____

_____ . As my passions and interests evolve over time, I will

hold space to nurture the things that bring my child-self joy. This could be

by _____ or

_____ .

Reflection Questions

What excites me the most in life? How can I continue to foster this passion today?

What makes me unique and different?

What can I dream and imagine for myself now as an adult?

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Releasing Stagnant Energy

EXERCISE:

Release trapped stagnant energy by choosing one of the following activities on the next page. Become aware of how you feel both before and after your exercise is complete.

WHY:

Everything is energy in a world of both the physical and the metaphysical. When you feel “off”, this might mean that there is negative energy trapped in your body. Stagnant energy might cause you to feel irritated and imbalanced. Often, stagnant energy will manifest itself in the form of pain or tension in the body. Doing simple actions such as dancing, going on a walk, and meditating will help restore balance and unleash lingering stagnant energy stored within the body.



TOUCH THE EARTH



STRETCH



DRAW OR DOODLE



PUT ON A SONG
YOU LOVE
AND DANCE



WRITE A POEM



MAKE ART



DO A GRATITUDE
MEDITATION



BATHE IN THE
SUNLIGHT
FOR 10 MIN



GO FOR A WALK





TAKE A SHOWER.
ENVISION THE WATER
WASHING AWAY LINGERING
NEGATIVE ENERGY

Inner Child Affirmations

EXERCISE:

Find a mirror and read the following inner-child affirmations out loud to yourself. Repeat the affirmations multiple times and notice how they begins to feel more natural and a part of your inner truth.

WHY:

An affirmation is a positive phrase or statement that you can repeat to yourself on a daily or weekly cadence. By using affirmations, you can reprogram your mind to spotlight positive emotions and beliefs that may help you recover from negative self-narratives, suffering, and unhealthy habits. Once repeated enough times, an affirmation will embed into your inner consciousness, shifting old, limiting thought patterns and unlocking new beliefs that will help you reach your full potential. You can change the way you think, which will change the way you act, and enable you to become the person you want to be.

Inner Child Affirmations

- I release the feelings of guilt, hurt, and shame
- I am protected
- I accept every aspect of myself and my personality
- I am loved
- I am capable of every dream and worthy of every desire
- I dream big
- I am safe
- I am beautiful and I accept myself for who I am
- I honor the child within me
- I show myself compassion
- I am so much more than I thought I could be
- My needs and feelings are valid
- I deserve happiness
- A feeling of peace comforts me

- I am in control of my feelings
- No one can inflict anything on me that I cannot handle
- I love myself
- I can protect myself
- Setting firm boundaries comes easily to me
- My energy is limitless

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Gratitude List

EXERCISE:

Take 5 minutes to create a gratitude list. Think of all the things that bring you health, peace, and love. List both the big and small things in life, from your home appliances to your relationships with others. If it feels right, acknowledge the things that brought you pain in the past but have taught you patience and healing. When your list is complete, take a moment to say “thank you” to each one for existing and making you who you are.

WHY:

Neuroscientist Dr. Rick Hanson suggests that the brain takes the shape of the state of mind we rest upon. If we rest upon doubt, sadness, and irritability, it may bring more anger, anxiety, and depression into our lives. If we rest upon joy, contentment, and love, we may bring more abundance, and peace into our lives. Gratitude is a wonderful way of improving your life and creating more abundance by appreciating what you already have.

A Letter to Your Past Self

EXERCISE:

Find some time to take a step back from your normal routine and embark upon a deep reflection. Think back to a difficulty you faced in the past and write a letter addressed to that version of yourself. Write your letter with love and empathy. Share the advice you needed to hear in that moment. The content of your letter should be unique to your experience. Start with one sentence and see where your heart flows.

WHY:

Writing a letter to your past self is therapeutic and will help you to gain closure, clarity, and inner peace. Your inner-child is still inside of you, waiting to be heard and nurtured. You may even find that this letter resonates with you again in the future.

Mirror Gazing

EXERCISE:

Find a mirror that you can sit down in front of. Take a seat and get close up to the mirror so that you can gaze into your eyes. Spend 5-10 minutes looking directly into your eyes, and try your best not to look away. If you feel comfortable, talk aloud to your reflection and have a conversation with your shadow self. When you are done, tell yourself that you are safe and loved.

WHY:

Mirror gazing is an intimate way to face your deepest fears and insecurities. During mirror gazing, you may begin to see aspects of yourself that repulse you. You may come across thoughts, doubts, and fears that keep you from experiencing peace. You may even see physical parts of yourself shifting, molding, or aging. Do not be alarmed or repulsed if this happens. Show yourself compassion and love. This exercise will allow you to mentally wrestle with yourself and surrender to your insecurities.

Mirror Gazing

Find a mirror and sit in front of it closely.
Spend 5-10 minutes gazing at yourself. Try your best not to look away.
Talk to your reflection as if it were your shadow self.
Afterwards, answer the reflective questions below:

What recurring thoughts did I have?

What emotions arose?

How do I feel now? _____

What conversations did I have? What breakthroughs did I discover?

Fill in the Box

EXERCISE:

Read the prompts below and respond by filling in each box provided with your authentic answer.

WHY:

You are shaped by your experiences. Reflective writing prompts will guide you towards understanding who you are, and why. These will help you to recognize positive and negative patterns and habits impacting your view on life.

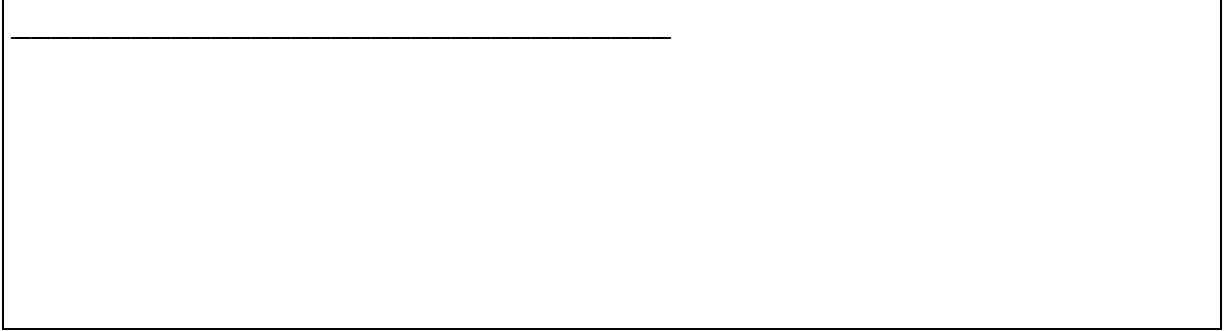
Fill in the Box

Do I feel guilty if I put my needs first?

In what ways do I show love to myself?

How important is my own happiness?

I think I still need to work on...



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PART 1 MEET YOUR SHADOW

Visualization Meditation

EXERCISE:

This exercise will be a visualization meditation that you will access by scanning the QR code on the right page. Make sure that you are in a room or setting without distractions. You may do the meditation with or without headphones.

WHY:

Visualization meditation is a powerful technique used to connect with your inner self. When you merge with your shadow self, it can help you to gain insights into the parts of yourself that you have been blocking off or trying to ignore.

LISTEN TO THE VISUALIZATION MEDITATION



HERE.

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PART 2 INTEGRATE YOUR SHADOW

Visualization Meditation

EXERCISE:

This exercise will be a visualization meditation that you will access by scanning the QR code on the right page. Make sure that you are in a room or setting without distractions. You may do the meditation with or without headphones. To begin the visualization meditation, start by finding a comfortable position and take a few deep breaths.

WHY:

Visualization meditation is a powerful technique used to connect with your inner self. When you merge with your shadow self, it can help you to gain insights into the parts of yourself that you have been blocking off or trying to ignore.

LISTEN TO THE VISUALIZATION MEDITATION



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PART 1 EASE YOUR ANXIETY

Breath Work

EXERCISE:

A basic breath work activity to help calm the nervous system involves sitting in a comfortable position, closing your eyes, and taking deep, slow breaths. You will be guided into a breath work exercise by scanning the QR code on the right page.

WHY:

Breath work is a powerful tool that can be used to help calm the nervous system and bring the body into a state of greater relaxation. It involves conscious control of breathing and the use of specific breathing techniques. By focusing on certain breathing patterns, we can help to reduce the body's stress response, decrease the activity of the sympathetic nervous system, and increase the activity of the parasympathetic nervous system. This can help to reduce our stress levels, increase our ability to relax, and improve our overall well being.

LISTEN TO THE BREATH-WORK MEDITATION



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PART 2 REGULATE YOUR NERVOUS SYSTEM

Breath Work

EXERCISE:

A basic breath work activity to help calm the nervous system involves sitting in a comfortable position, closing your eyes, and taking deep, slow breaths. You will be guided into a breath work exercise by scanning the QR code on the right page.

WHY:

Breath work is a powerful tool that can be used to help calm the nervous system and bring the body into a state of greater relaxation. It involves conscious control of breathing and the use of specific breathing techniques. By focusing on certain breathing patterns, we can help to reduce the body's stress response, decrease the activity of the sympathetic nervous system, and increase the activity of the parasympathetic nervous system. This can help to reduce our stress levels, increase our ability to relax, and improve our overall well being.

LISTEN TO THE BREATH-WORK MEDITATION



HERE.

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EFT Tapping

EXERCISE:

Emotional Freedom Techniques (EFT) tapping is a powerful therapeutic tool that combines elements of cognitive therapy and acupuncture.

EFT in 5 simple steps:

- 1. State the problem**
- 2. Identify the level of pain this problem is causing**
- 3. Create your set-up statement**
- 4. Tapping the points**
- 5. Reassess the level of pain**

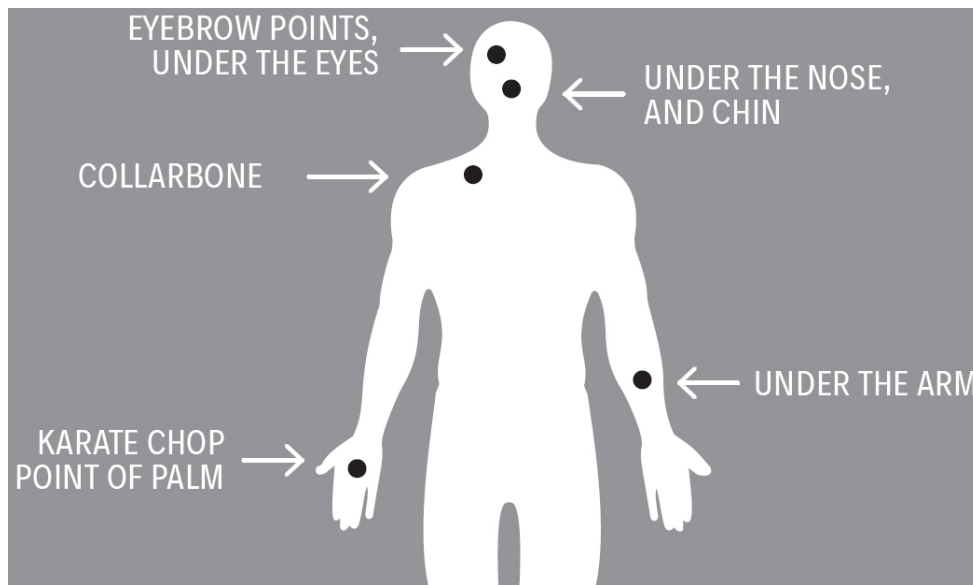
Tips: Be specific, focusing in on the negative emotion you're experiencing. EFT can be used on everything; any time you feel worried, upset, anxious, angry, annoyed... Example set-up statements: "I deeply love and completely accept myself", "I forgive myself as best as I can", "I want to get to a calm, peaceful place."

WHY:

EFT tapping can be used to work through difficult emotions and gain insight into the root cause of them. It can also be used to do shadow work. By tapping on the acupuncture points and allowing yourself to become aware of the emotions associated with these parts of yourself, you can begin to accept, integrate, and heal them. EFT tapping can help you to gain clarity and insight into the underlying causes of your repressed feelings.

FOLLOW YOUR EFT SESSION BELOW

1. Take a few deep breaths and begin tapping on the specific points of the body associated with EFT: the eyebrow point, side of the eye, under the eye, under the nose, chin, collarbone, and under the arm.



2. As you tap, repeat the affirmation statement that resonates with the issue that you are exploring. For example, if you are exploring a fear of failure, you could say, “Even though I’m scared of failing, I accept and love myself.”
3. During the tapping process, focus on the issue at hand and allow yourself to feel any emotions that come up. Spend the next 2–3 minutes tapping and repeating your mantra.
4. Once you feel like you have released some of the energy and emotion associated with the issue, take a few deep breaths and reflect on what you have learned. What insight have you gained? How can you use this insight to move forward in a positive and constructive way?

3

Journal Prompts

Fears

The Self

Inner-Child

Anger

Sadness

Anxiety

Inner-Teenager

Talents

JOURNAL PROMPTS

Journaling is such a powerful tool to unravel your emotions and beliefs. Writing about your experiences helps you become more aware, intuitive, and present. With as little as 10 minutes per day, journaling can help to change the way you behave and think.

Use these shadow work journaling prompts to lean into your unconscious mind and build an understanding of your shadow. Please note that these journaling prompts can get deep and dark, so proceed at a pace that feels right for you, and seek additional, outside support if necessary. Don't let fear hold you back.

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Parental Influence

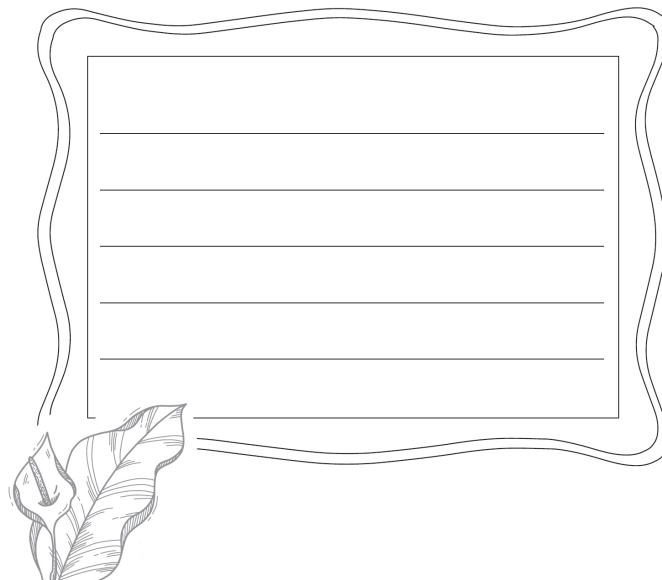
What parts of your parents or guardians do you notice reflected in yourself?



What traits, both good and bad, have you inherited from them?



How can you break the negative behavioral chains that run through your family?



Traits

Which traits do you wish to improve about yourself?

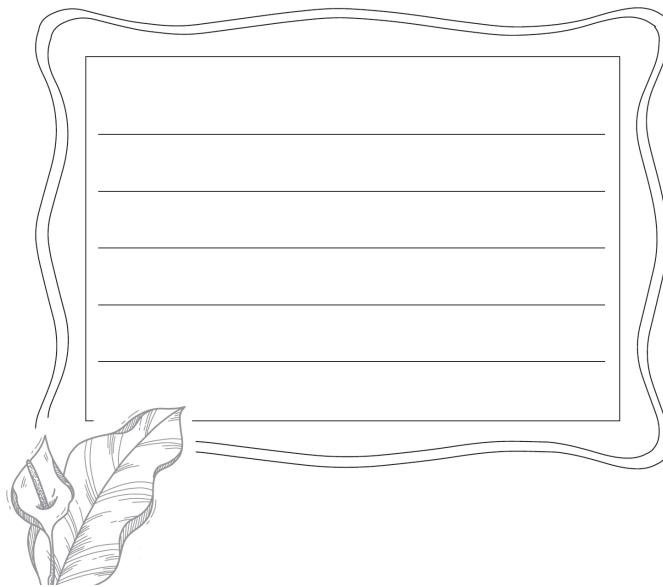


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

When do those traits most commonly present themselves?



How can you show these parts of yourself compassion and love?



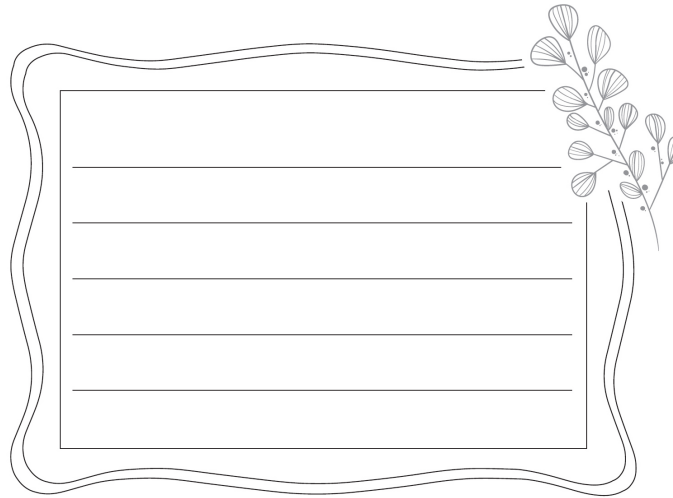
Childhood

In your childhood, what did you not receive?

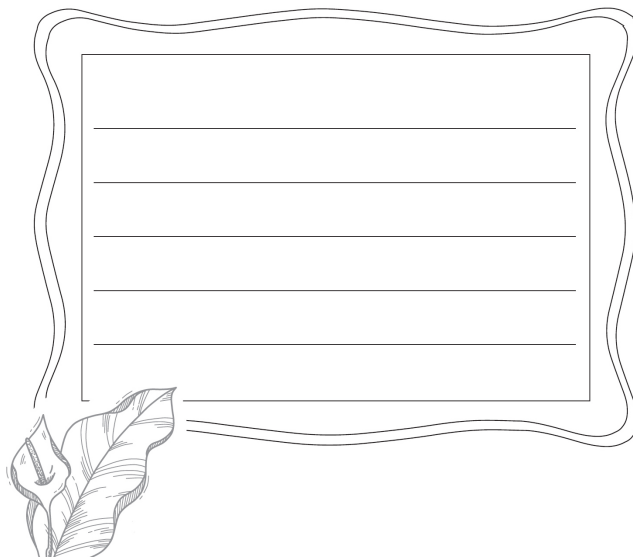


A decorative frame with a scalloped border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a stem.

How has this impacted you?



What do you think would be different if you had received this?




Childhood Trauma

What experiences did you have as a child that impacted you in a negative way?

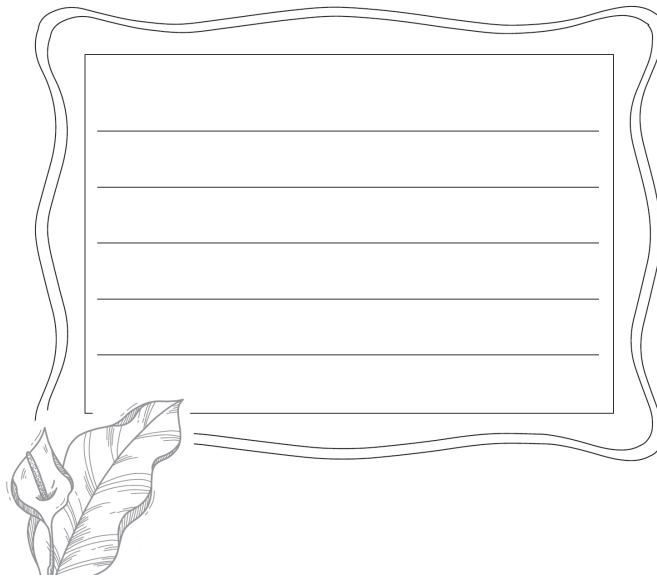


A decorative frame with a scalloped border containing a writing area with horizontal lines. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a few flowers.

What impact did this have on you as a child?



How are these still impacting you today? (how you think, feel, and relate with others)



Fear

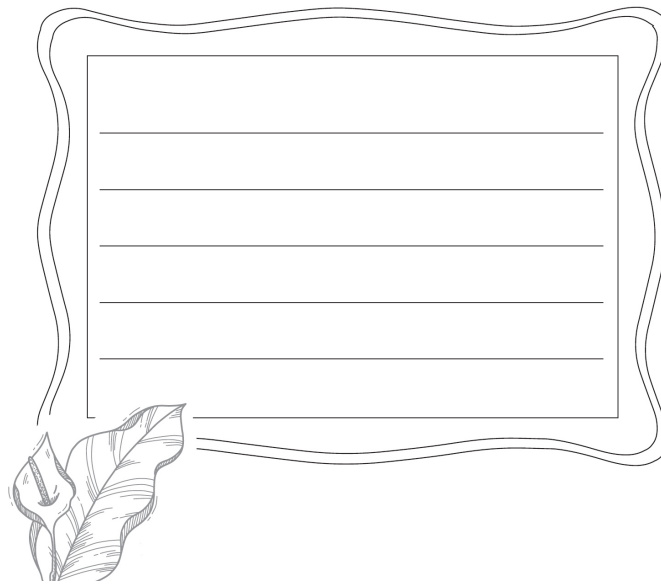
Imagine yourself unafraid. You have no doubts, no worries, no fears of the unknown. The things you used to worry about do not exist. Write about what you would do if you had no fear.

A large, vertically oriented rectangular area with a decorative, scalloped border. Inside this area are ten horizontal lines for writing. At the bottom right corner of the writing area, there is a small, detailed line drawing of a plant with several leaves and a small flower.

In what ways would your life look different?



How would it feel to let go of the fear you hold?



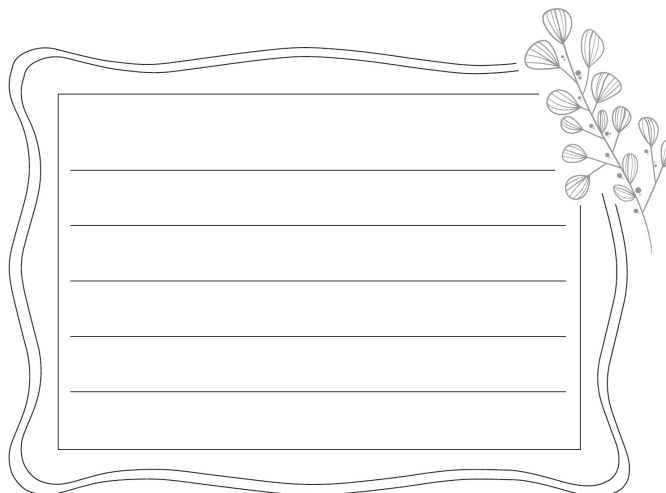
Identify Your Fear

What is fear to you?



A decorative frame with a scalloped border containing a writing area with horizontal lines. A small floral illustration is positioned at the bottom right corner of the frame.

What makes you afraid?



Instead of writing “I am afraid of...”, phrase it as, “I experience fear when...”. This will allow you to break the habit of identifying fear as part of yourself.



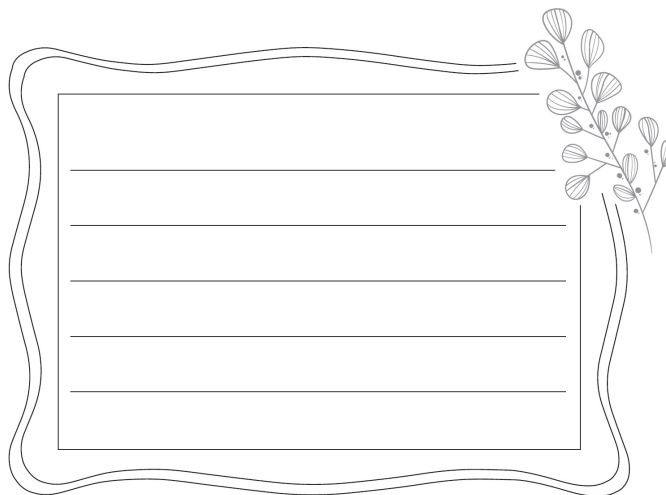
Nightmares

Describe the most vivid nightmare you remember.



A decorative frame with a scalloped border containing a writing area with horizontal lines. At the bottom right corner, there is a small illustration of a plant with leaves and flowers.

How did it make you feel? Are there any patterns, symbols, or common themes?



Explore the emotions that the nightmare evokes.



Facing Your Fear

What is your biggest fear in life?



A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

How does this fear affect your daily life and decision-making?

A decorative rectangular frame with a scalloped border. In the top right corner, there is a small illustration of a branch with several leaves and buds. Inside the frame, there are six horizontal lines for writing.

Have you tried to confront or overcome the fear in the past? If so, what strategies did you use? If not, what might be holding you back?

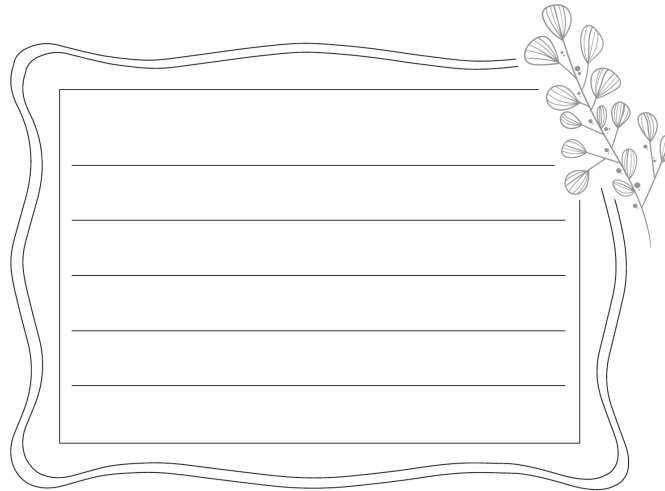
A decorative rectangular frame with a scalloped border. In the bottom left corner, there is a small illustration of a branch with several leaves and buds. Inside the frame, there are six horizontal lines for writing.

Putting Yourself Last

Where in your life are you putting yourself last?



How does putting yourself last impact your overall well-being, happiness and fulfilment?



What reasons cause you to put aside your own well-being and needs?



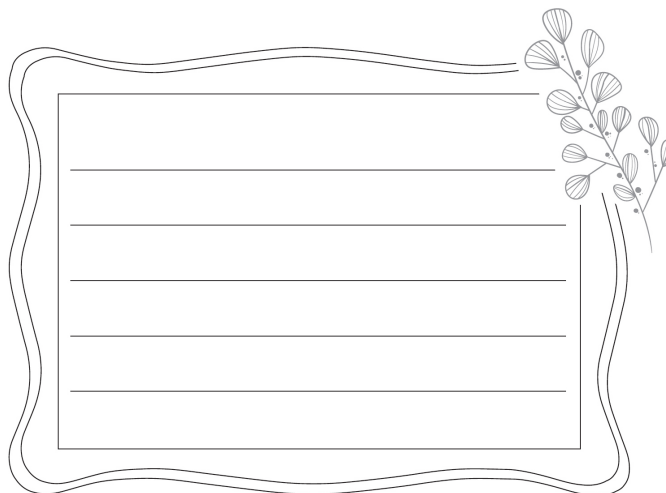
Self-Image

How do you think others see you?

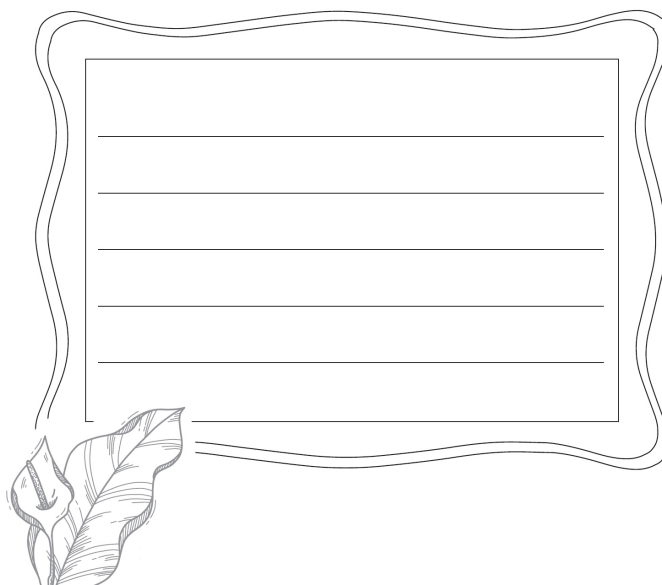


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

How would you like to be seen and why? What do you appreciate most about yourself?



**What do you believe is the most authentic version of yourself?
How often are you able to be your most authentic self?**

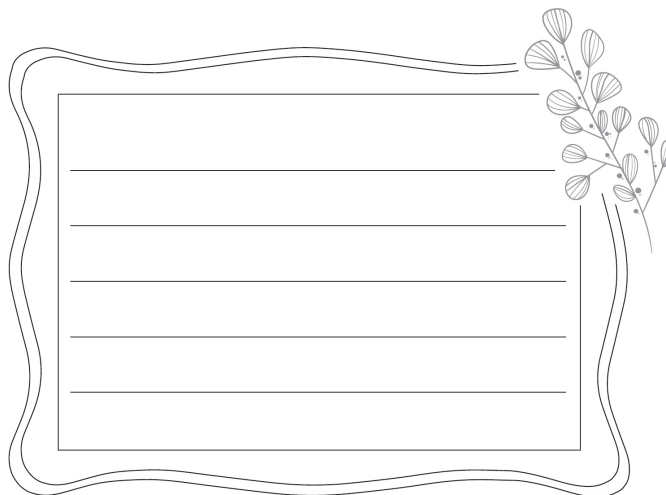


Authentic Self

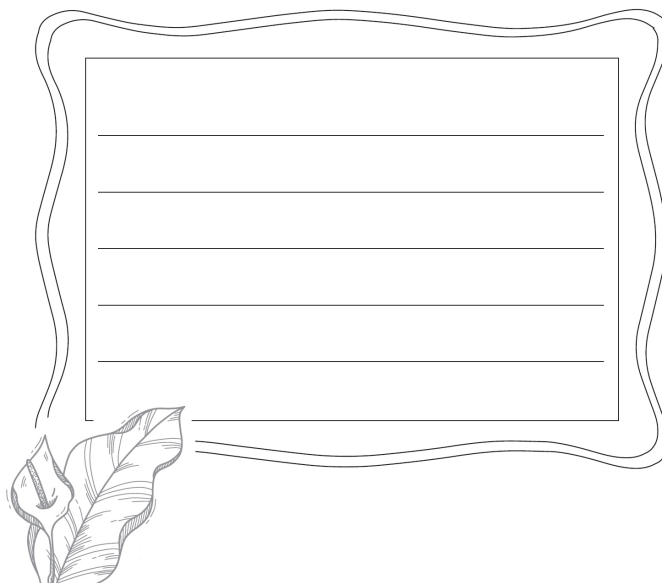
*Your authentic self is what hides behind layers of learned masks.
Is there anything you wish more people knew about you?*

A decorative frame with a scalloped, double-line border. Inside the frame is a large rectangular area with ten horizontal lines for writing. At the bottom right corner of the frame, there is a small, detailed illustration of a plant with several leaves and a small flower.

Why don't they know this already?



In what ways would your relationships look different if people knew?



Less

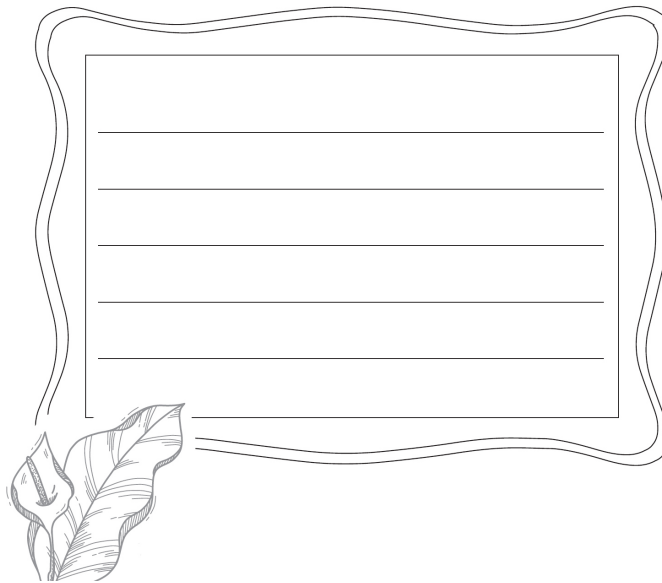
Reflect on everything you have, both physical and non-physical.



Sometimes things can energetically weigh down our quality of living. What is weighing you down?



What could you have less of in your life to feel more freedom and peace?



Secrets

What is your biggest secret?

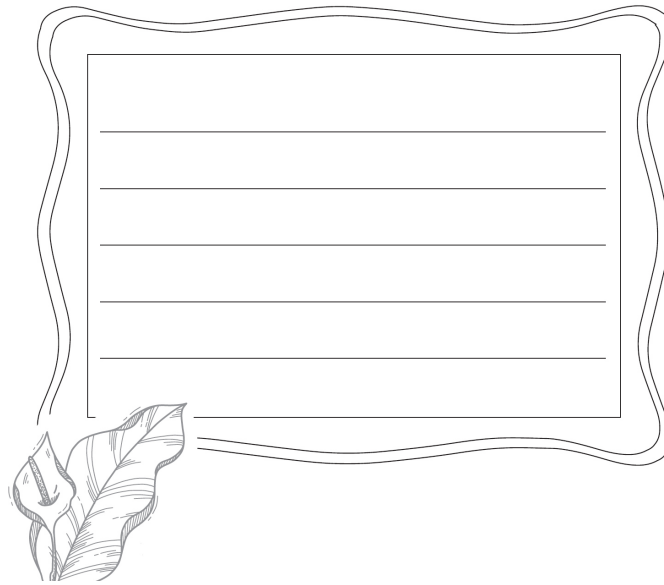


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

Why is this a secret? Have you ever shared it with anyone?



How would you feel if others knew about this secret?



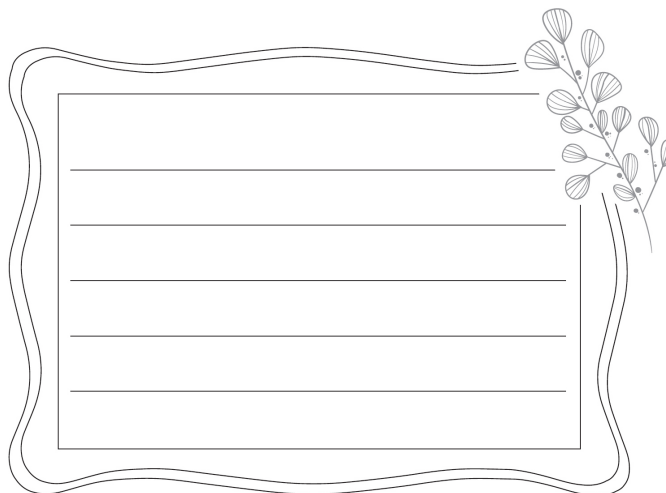
Avoidance

What do you try your best to avoid in life?

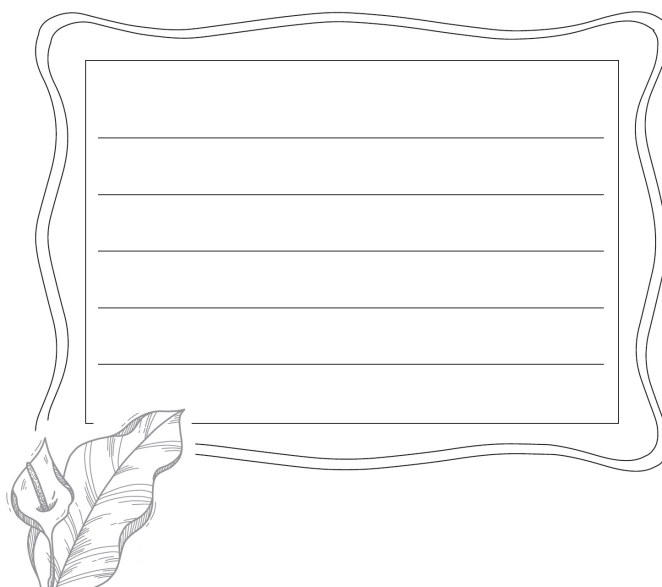


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

Why do you try to avoid these things?



Are there certain emotions attached to these things that you don't want to experience?



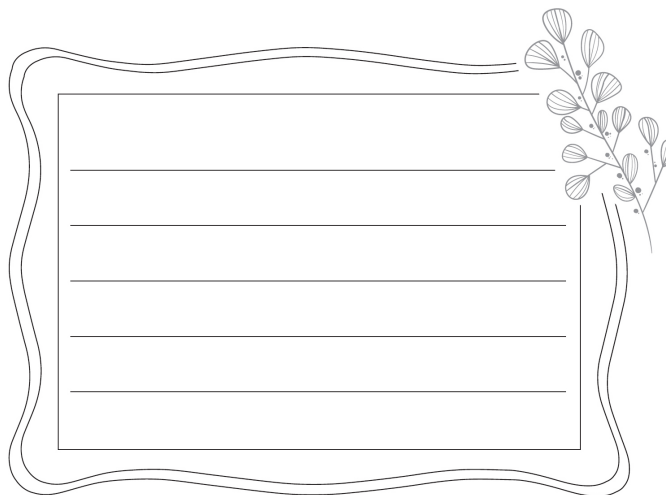
Personal Change

What are ten ways you have changed in the past ten years?

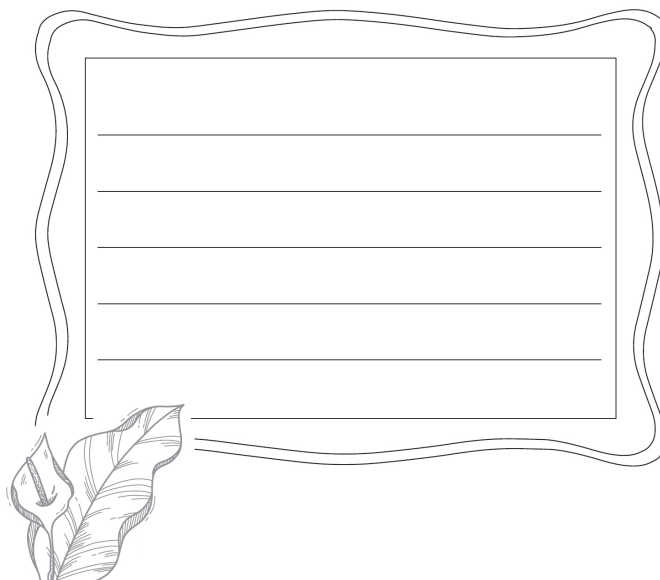


A decorative frame with a scalloped border containing ten horizontal lines for writing. A small illustration of a plant with leaves and a stem is positioned at the bottom right corner of the frame.

How did these changes impact you?



Are these changes mainly positive or negative?



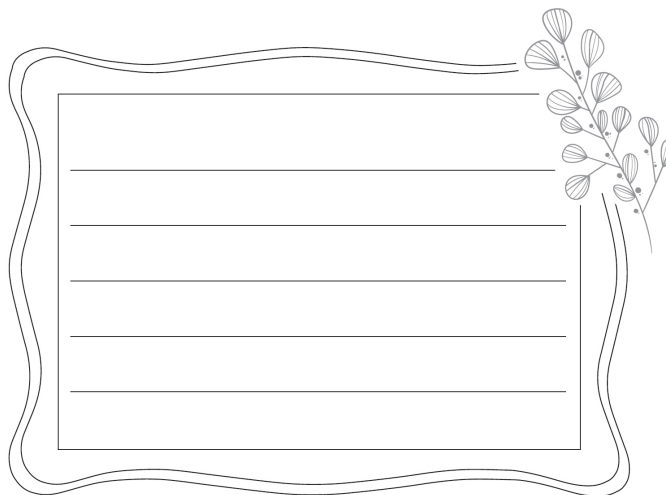
Changes

Change is a natural constant. Sometimes, change is optional. Do you embrace change, or do you avoid it?

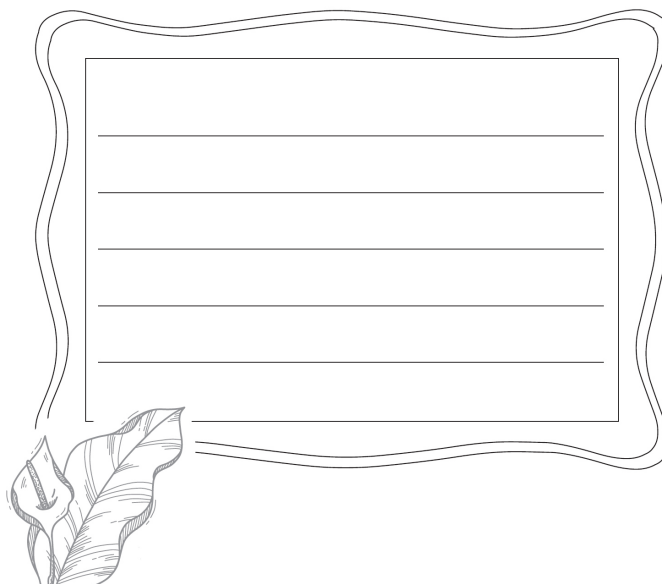


A large, empty rectangular area with a decorative, wavy border. The interior of the rectangle is filled with horizontal lines, suggesting a space for writing. At the bottom right corner of the rectangle, there is a small, detailed illustration of a plant with several leaves and a stem.

How well do you handle change?



Why do you think this is?



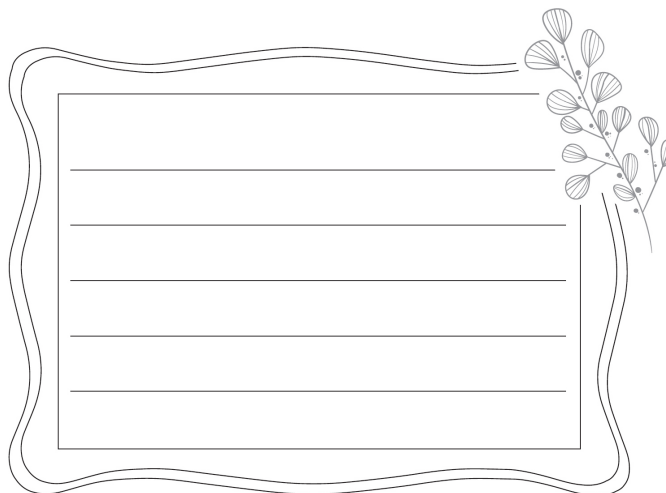
Energy Drainers

Think back to the last time you were drained.

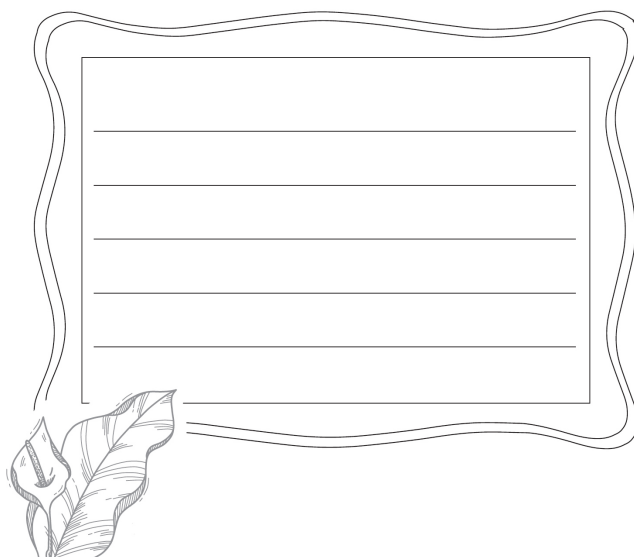


A decorative frame with a scalloped border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a cluster of berries.

What did you need at that moment?



What were you doing? Who were you with?



Critical Thoughts

What moments or situations cause you to be the hardest on yourself?

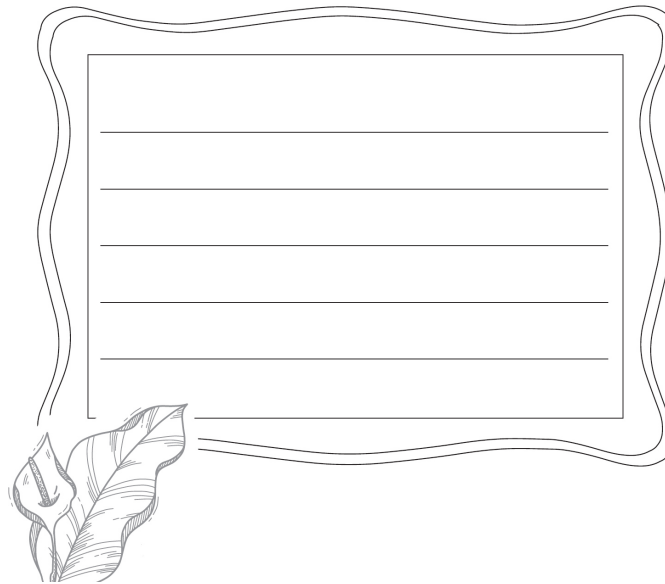


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

What factors lead you to respond to yourself in this way?



How do you feel when you become hyper-critical? In what ways could you be more compassionate and understanding towards yourself?



Tolerance

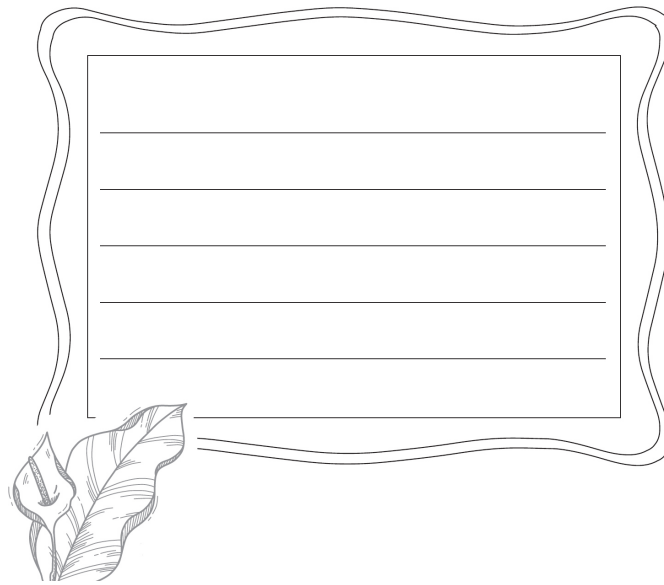
What are you tolerating that you do not want to be?



Think of any self-sabotaging behaviours and question why you continue to repeat those negative actions and / or thoughts.



How would it feel to let go of self-sabotage?



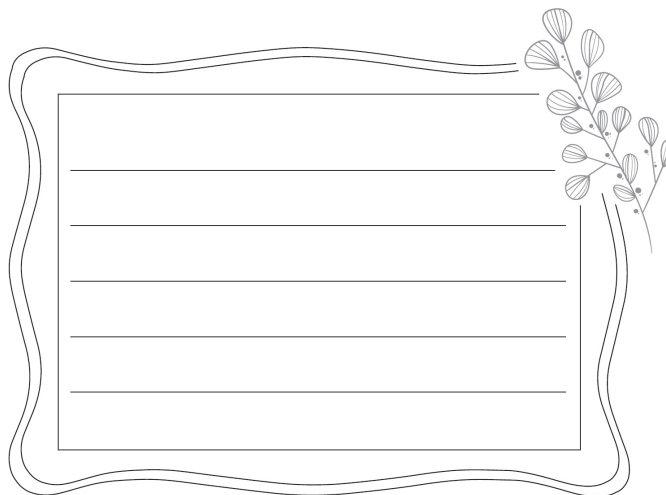
Anger Triggers

What makes you angry?

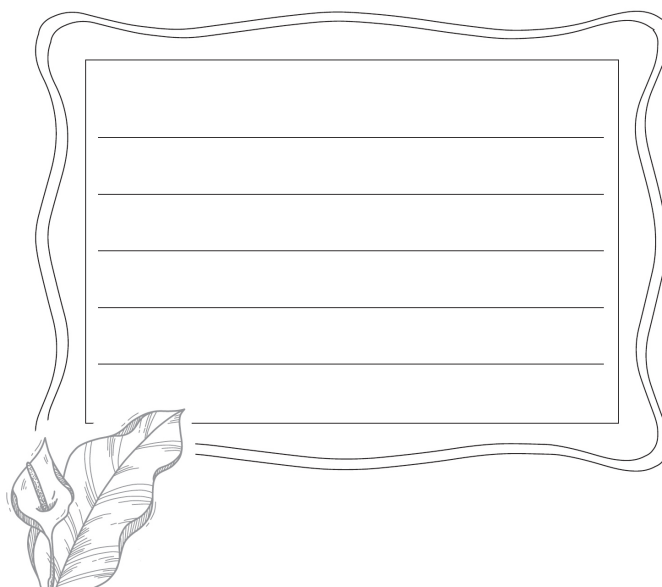


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and a stem is positioned at the bottom right corner of the frame.

What factors lead you to feel this way?



How do you cope with your anger, and how does this impact your life?



Anger

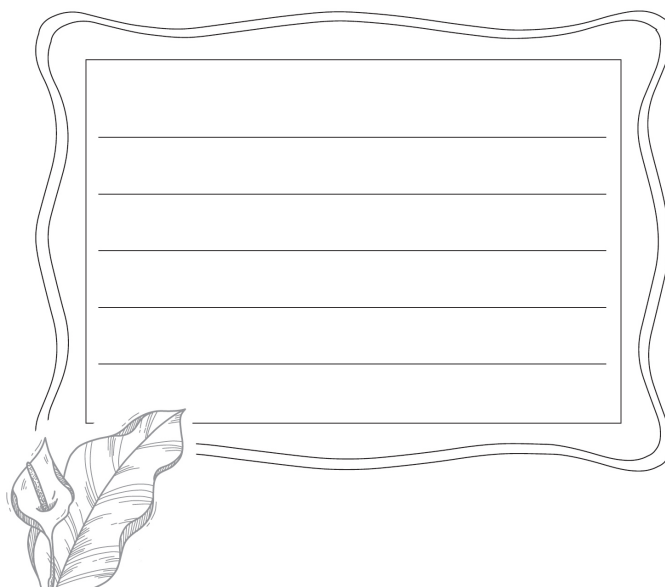
What are you most angry about right now?



Why is this making you angry?



Where in your body do you feel this anger? How does the anger feel in your body?



Self-Talk

How do you speak to yourself when you're angry with yourself?

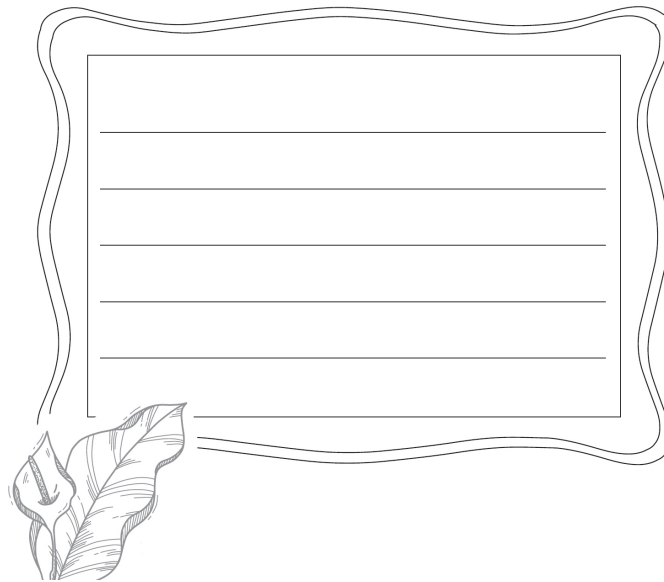


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and a stem is positioned at the bottom right corner of the frame.

Does it differ from how you speak to yourself when you're angry with other people?



How does this self-talk impact you?



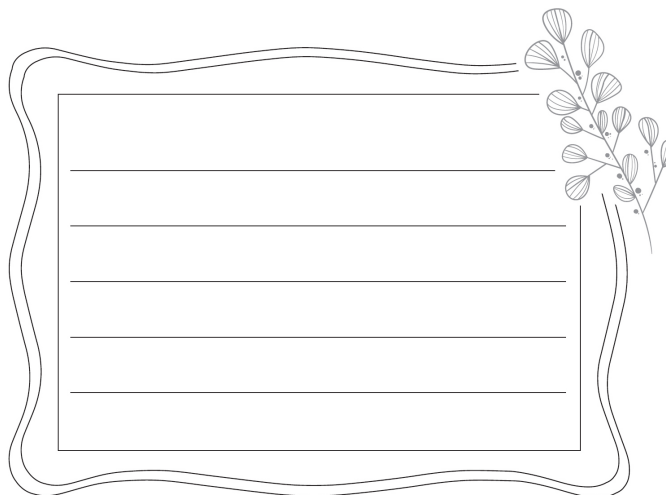
The Colour of Anger

What colour is your anger?

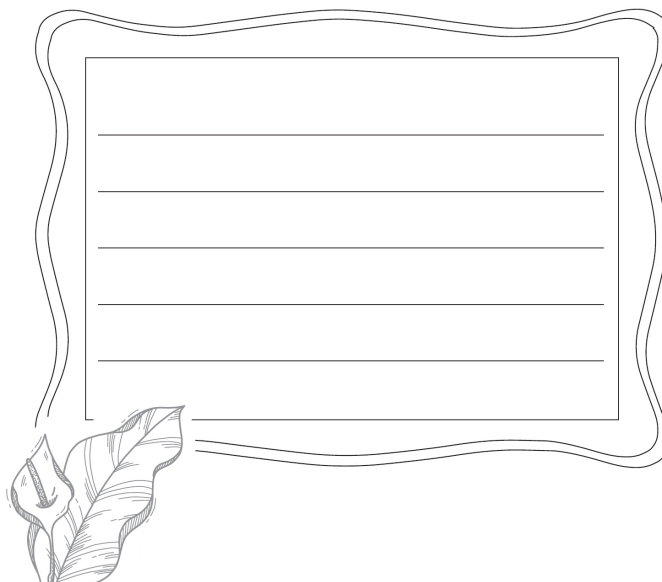


A decorative frame with a scalloped border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a stem.

Why is it this colour?



How does it make you feel?



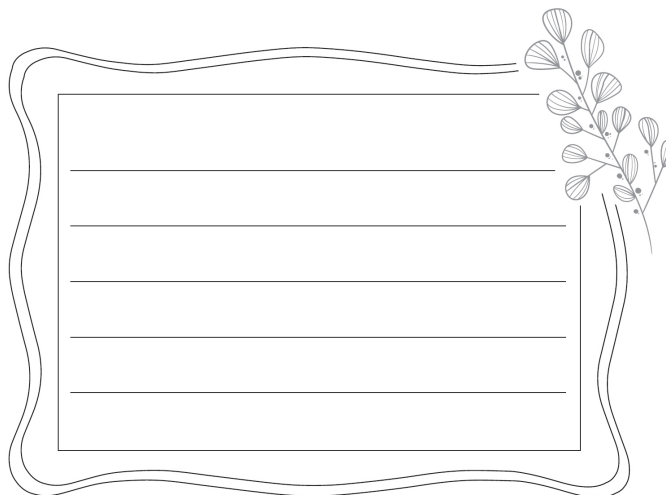
Anger Relievers

What causes your anger to melt away?

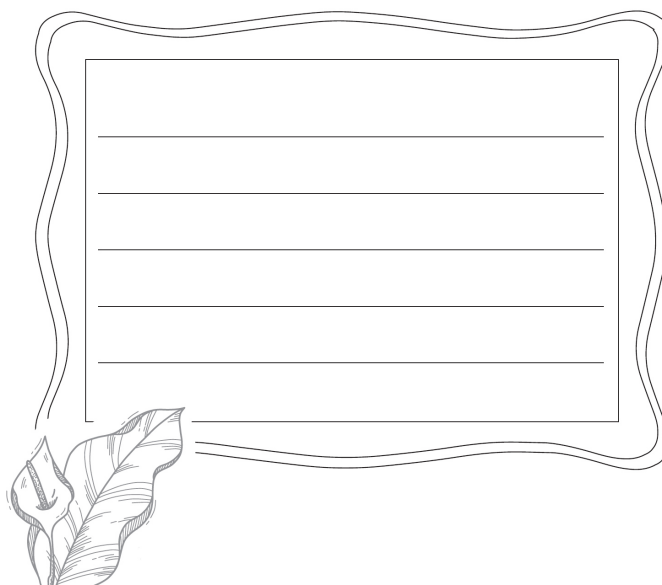


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and berries is positioned at the bottom right corner of the frame.

How easy is it to dissipate your anger?



How can you implement this in your day-to-day life?



Sadness

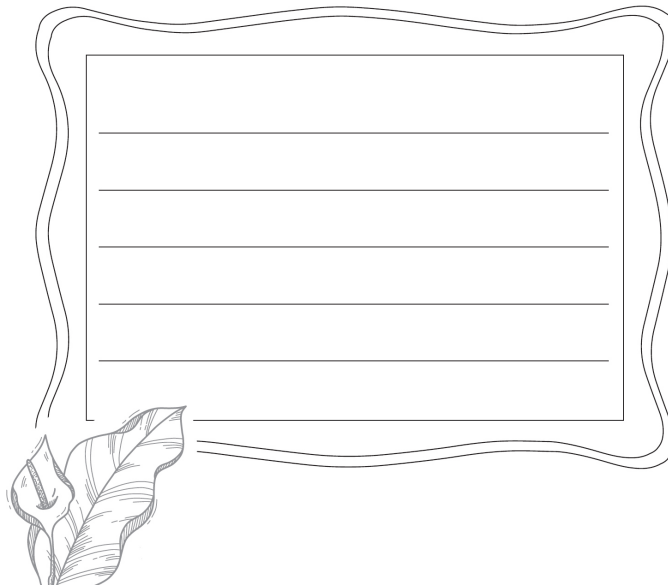
What would your sadness look like if it were a painting or a drawing? You don't actually have to sketch it out, but instead, use words to visualize it.

A decorative frame with a scalloped, wavy border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small, detailed line drawing of a plant with several leaves and a small flower.

What colours and shapes would it have?



How big would it be, and how much space would it take up?



Sadness Self-Talk

How do you talk to yourself when you're feeling sad?

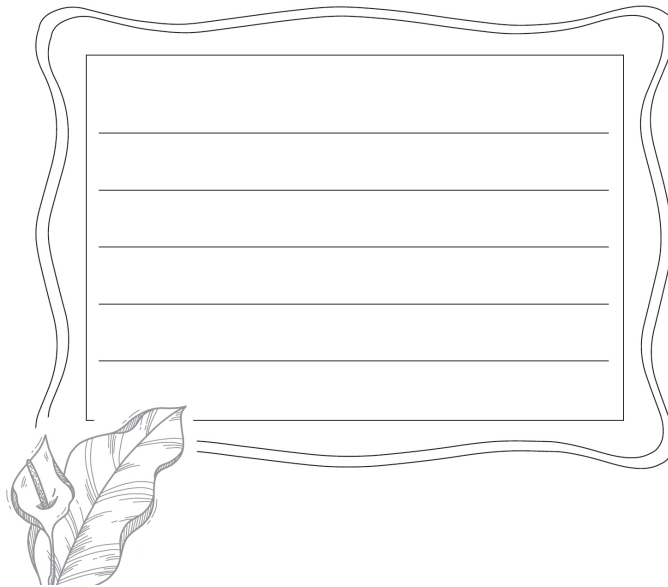


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and a stem is positioned at the bottom right corner of the frame.

What tone of voice do you use when talking to yourself?



Are you showing yourself compassion, or are you frustrated or annoyed?



Mixed Emotions

Are you experiencing any other emotions outside of your sadness?



How do these feelings sit alongside the sadness?



Can you find where you're holding these feelings in your body?



Negative Thoughts

What negative thoughts are you currently experiencing?

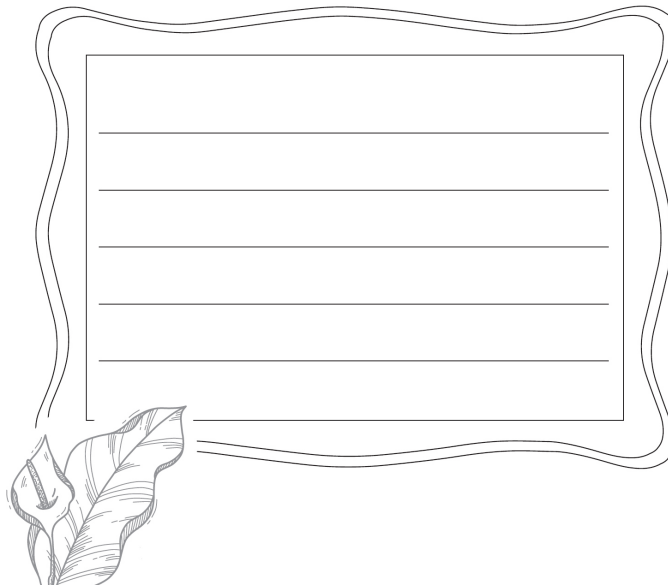


A decorative frame with a scalloped border containing a writing area with horizontal lines. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a small flower.

What are five positive thoughts for each of those negative thoughts?



How does negative thinking impact you?



Holding On

What are you holding onto that still hurts you deeply?



A decorative frame with a scalloped border containing a writing area with horizontal lines. At the bottom right corner, there is a small illustration of a plant with several leaves and a small flower.

What feelings or emotions are associated with what you're holding onto?



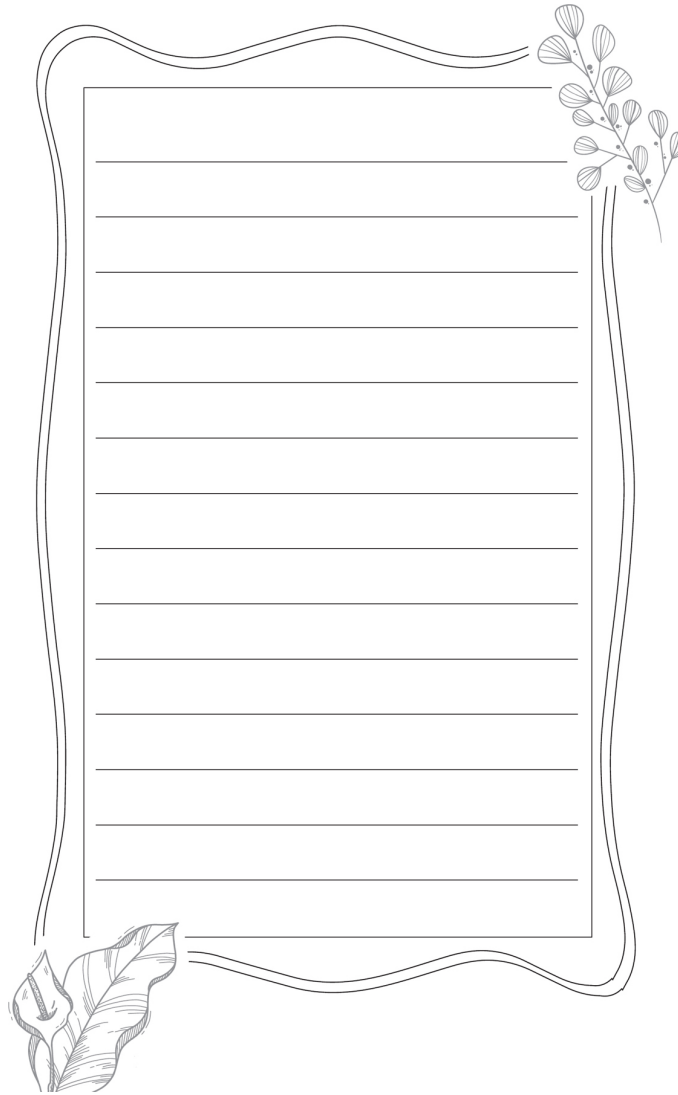
How would it feel if you let it go?



Love Letter

Write a love letter to yourself, expressing all the things you need to hear. Have compassion for yourself and explore all the parts of yourself that are worthy of celebrating.





Happiness

What makes you feel the happiest?

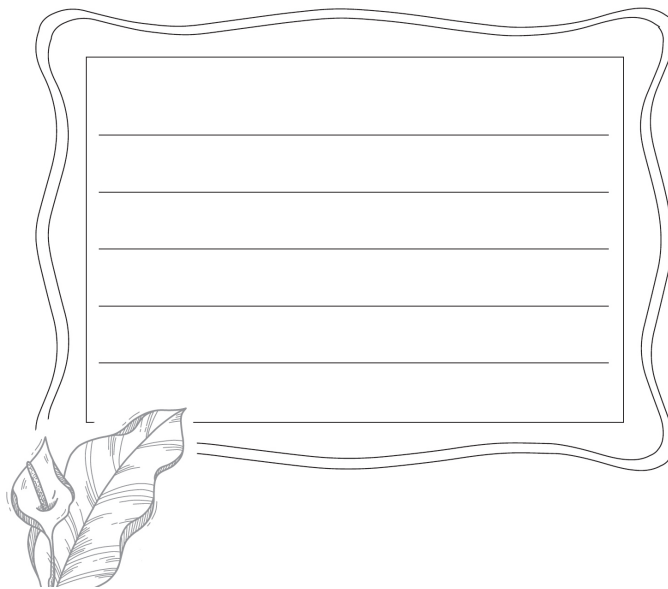


A decorative frame with a scalloped border containing a writing area with horizontal lines. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a cluster of berries.

How can you experience happiness right now?



What can you do to bring more of that happiness into your day-to-day life?



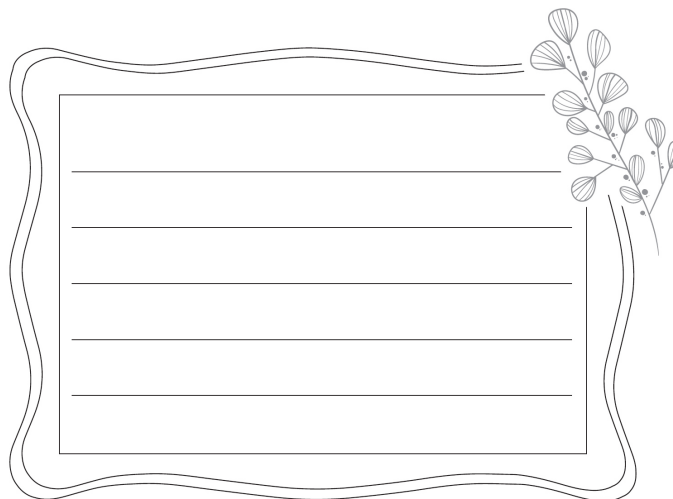
Teenage Hero

Who was your teenage hero?

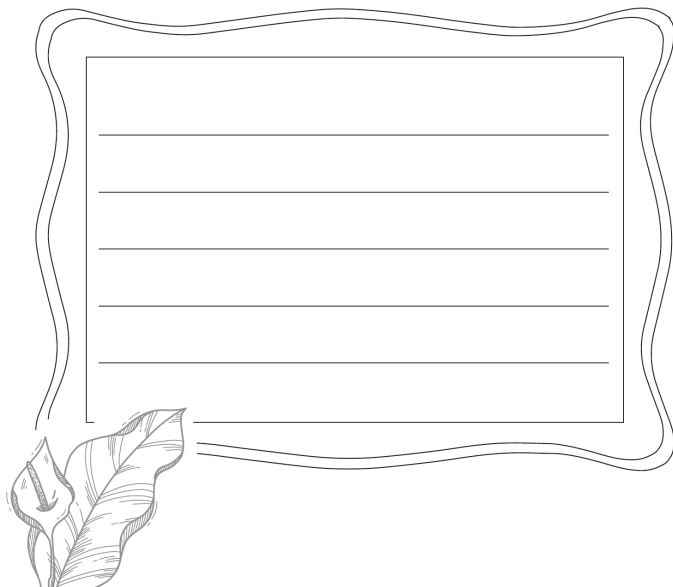


A decorative frame with a scalloped border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a small flower.

What qualities did they display that you were drawn to?



Do you still feel the same admiration for that hero today?



Past Friendships

Who were your closest friends growing up?

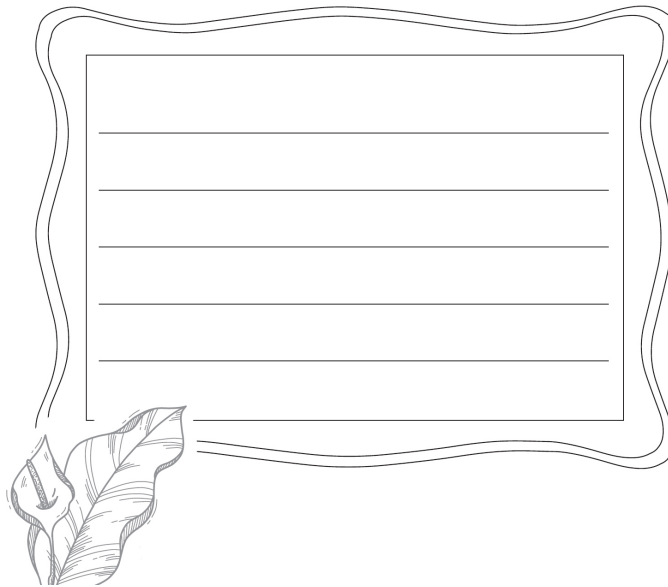


A decorative rectangular frame with a scalloped border, containing ten horizontal lines for writing. A small illustration of a plant with leaves and berries is positioned at the bottom right corner of the frame.

What feelings come to the surface when you reflect on these relationships?



Are these friends still in your life today? If so, have the friendships changed? If they are not, why did the friendship end?

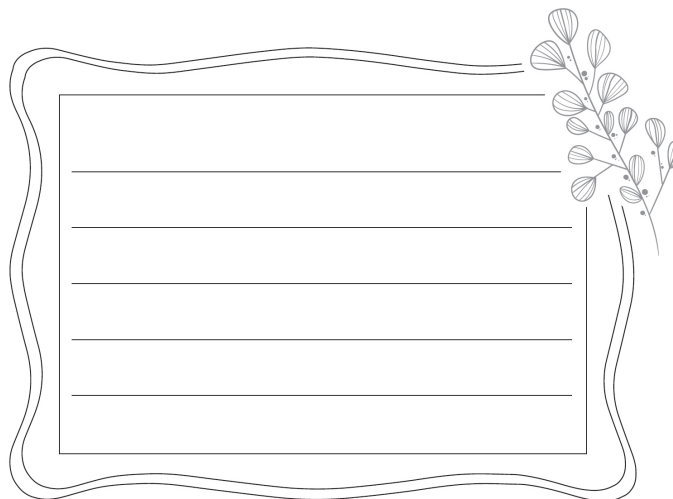


Teachers

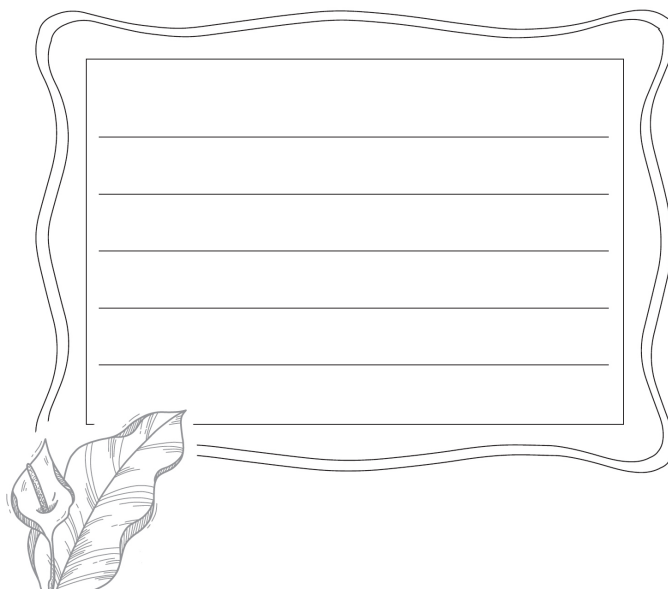
Who were your favourite teachers at school?



How did these teachers have an impact on you?



If you were to see your favourite teacher again, what would you say to them?



Inner-Teen

What do you wish someone would have told you as a teenager?



How has it impacted you by not hearing those words?



If you had heard those words as a teenager, how would your life be different today?



Teenage Events

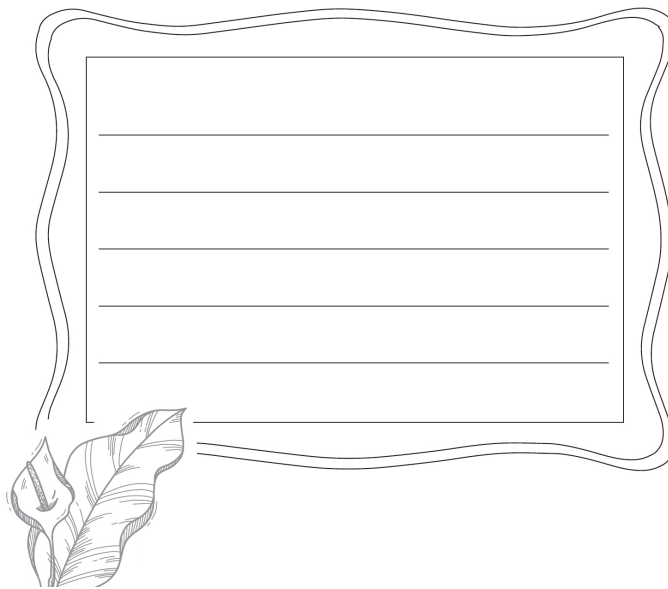
What major events happened to you as a teenager?



How did these events impact you?



Do these events still have an impact on your life today? If so, how do they continue to define who you are today?



Admiring Your Teen Self

What do you admire about your teenage self?



A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

What traits did you have as a teenager that you've carried through to the present day?



Are there any traits that you would like to reclaim?



Teenage Lessons

What are the biggest lessons you learned in your teenage years?

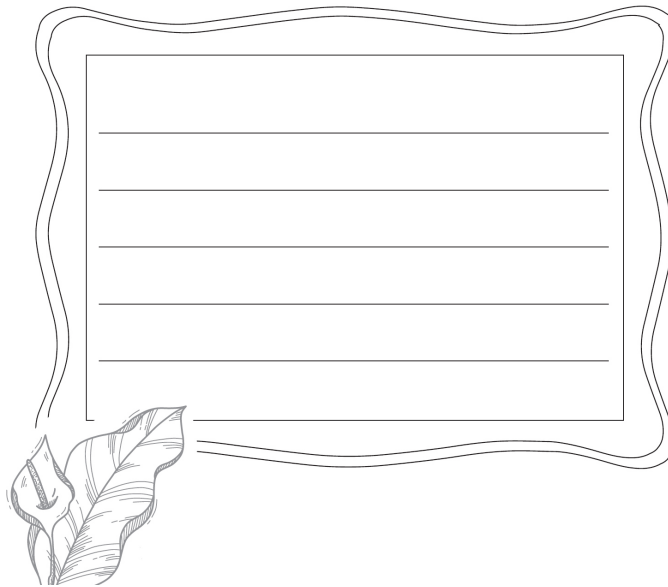


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

How did those lessons motivate you as a teenager?



How did those lessons guide you throughout your life?

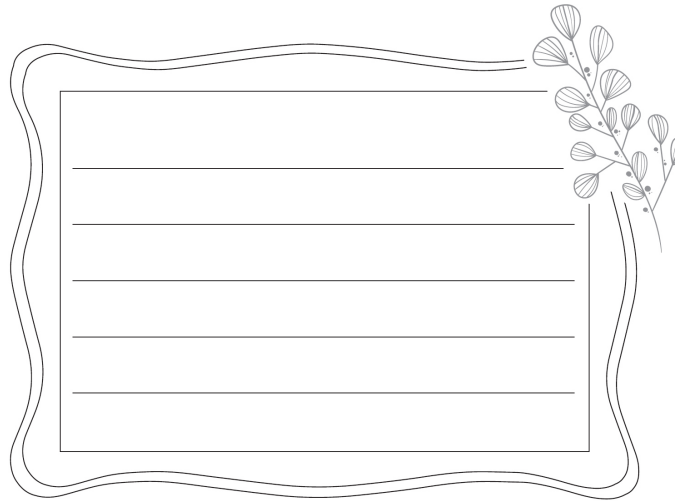


Inner Teen

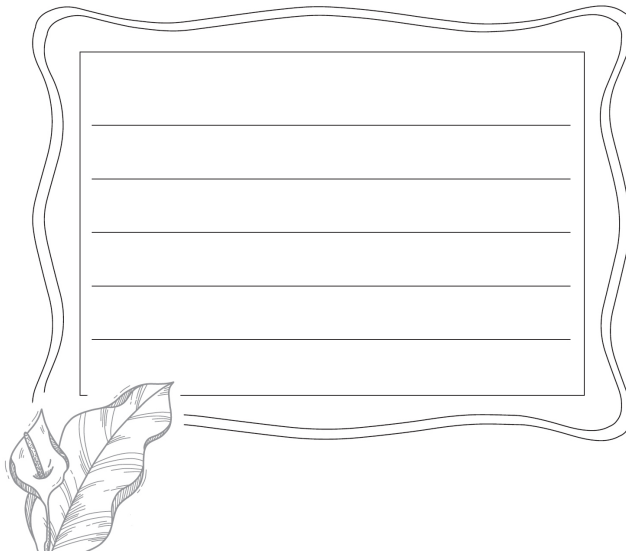
In what ways did you not feel safe or supported as a teen?



How did those experiences shape who you are today?



How did you handle your feelings about that?



Parental Relations

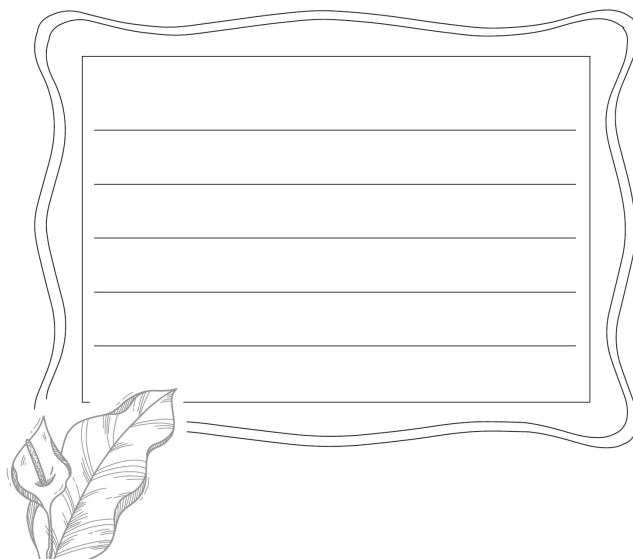
What was your relationship with your parental guardians like during your teen years?



Did you feel that your voice was heard? Did you feel safe to express your opinions and values?



Were you able to talk to your parental guardians about significant issues you were facing?



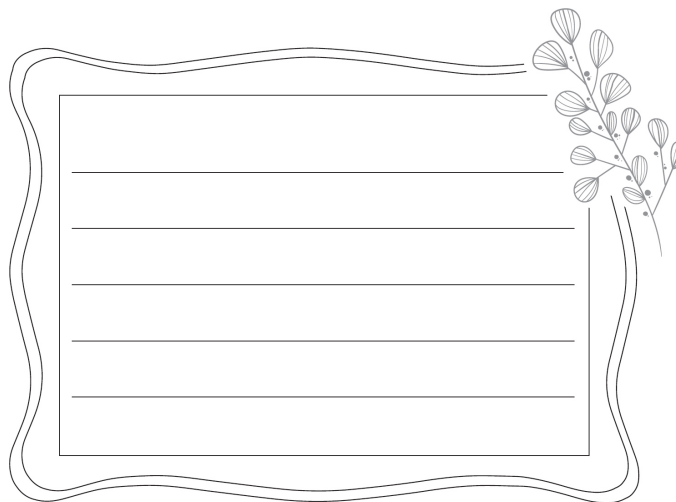
Teen-Adult

How is your inner-teenager showing up in your life right now as an adult?

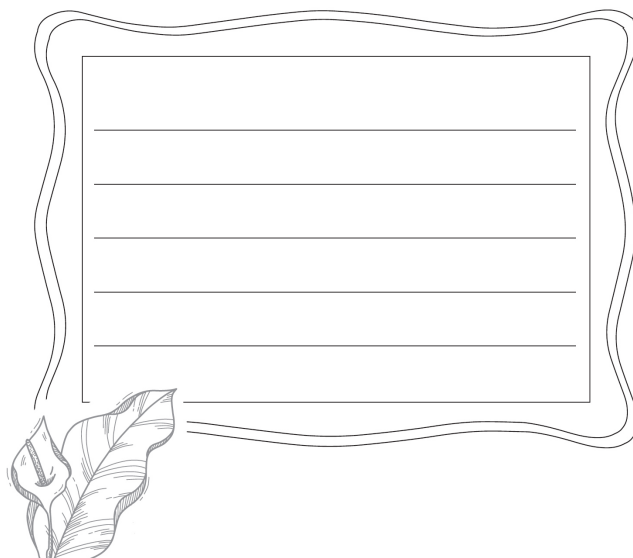


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and berries is positioned at the bottom right corner of the frame.

What does your inner-teenager need from you right now?



What can you do to provide that for your inner-teenager?



Anxiety

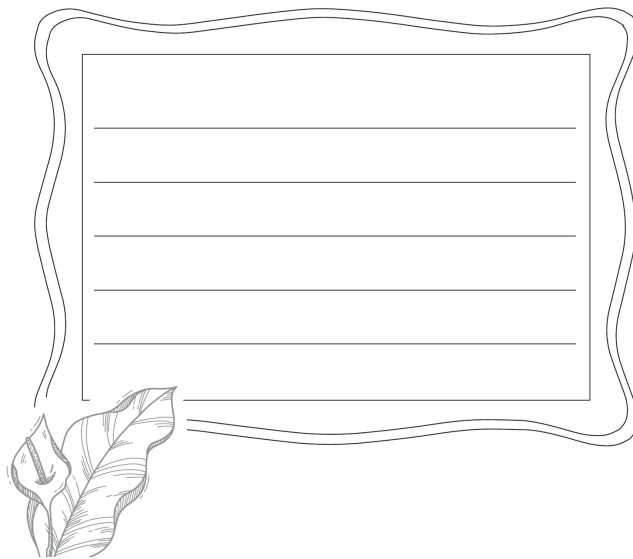
Describe all of the things that make you feel anxious (people, places, situations, etc.).



Why do these things make you feel anxious? Do you feel as though your anxiety is holding you back?



How do you cope with anxiety? Is there a particular area of your life that is being impacted?



Judgment

What do you judge others for?




A decorative frame with a scalloped border containing a writing area with horizontal lines. A small floral illustration is positioned at the bottom right corner of the frame.

Do you do the same things that you judge others for?



What do you judge yourself for?



Jealousy

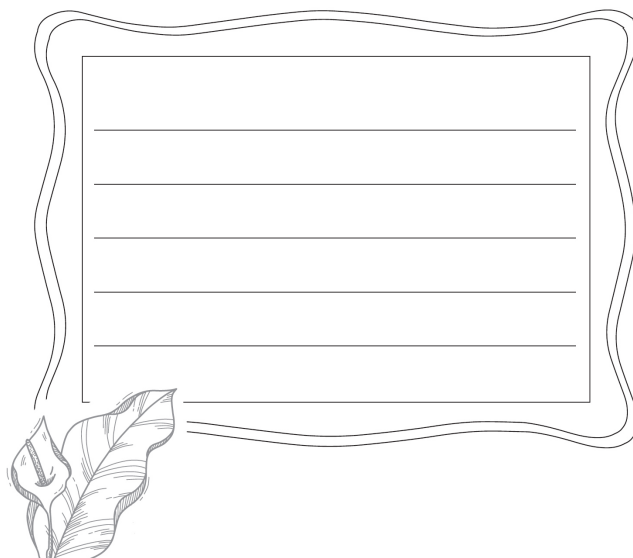
Are there particular people or situations that trigger feelings of jealousy? What causes your jealousy to flare up?



How often do you experience jealousy?



What do you feel is at the root of your feelings of jealousy?



Being Jealous

Write about the most recent time you experienced feelings of jealousy.



A large, decorative rectangular frame with a scalloped border. Inside the frame are ten horizontal lines for writing. To the right and bottom of the frame is a small, detailed botanical illustration of a plant with several leaves and small flowers.

Did you respond or react to the feelings of jealousy? Did the jealousy bring up other feelings? If so, what were they?

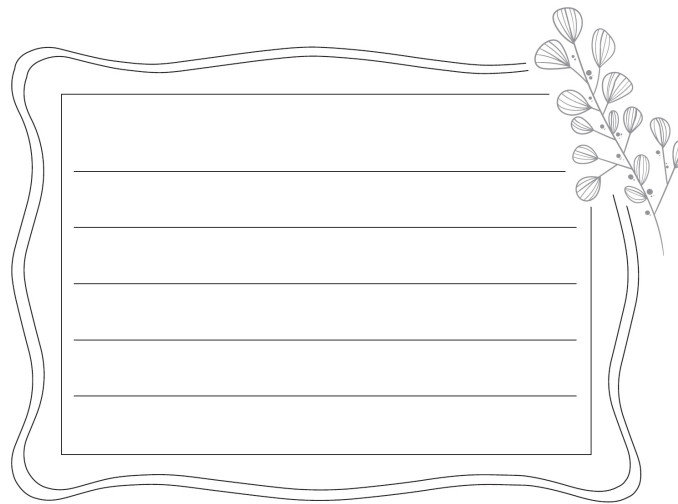
A decorative rectangular frame with a wavy border. In the top right corner, there is a floral illustration of a branch with several leaves and small flowers. The interior of the frame contains six horizontal lines for writing.

Now, after reflecting, would you respond or react differently?

A decorative rectangular frame with a wavy border. In the bottom right corner, there is a floral illustration of a branch with several leaves and small flowers. The interior of the frame contains ten horizontal lines for writing.

Managing Jealousy

How do you acknowledge jealous emotions?



A decorative rectangular frame with a scalloped border and a floral illustration on the right side. Inside the frame are six horizontal lines for writing.

How do you manage your emotions when you experience jealousy?

A decorative rectangular frame with a scalloped border, containing ten horizontal lines for writing. A small floral illustration is positioned at the bottom right corner of the frame.

How would your life look if you shifted your jealousy into kindness?

A decorative rectangular frame with a scalloped border, containing five horizontal lines for writing. A small floral illustration is positioned at the top right corner of the frame.

Justifications

What is your definition of justification?



A decorative frame with a scalloped border containing a writing area with horizontal lines. A small floral illustration is positioned at the bottom right corner of the frame.

When do you think jealousy is not justified?

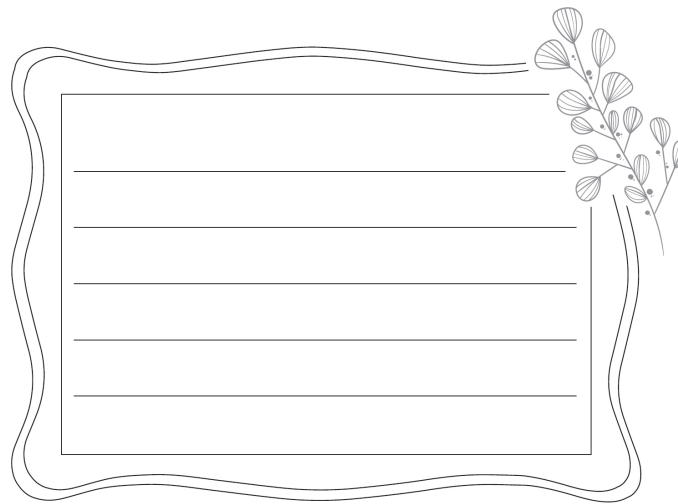


When do you think jealousy is justified?



Self-Image

How does the feeling of jealousy affect how you see yourself?

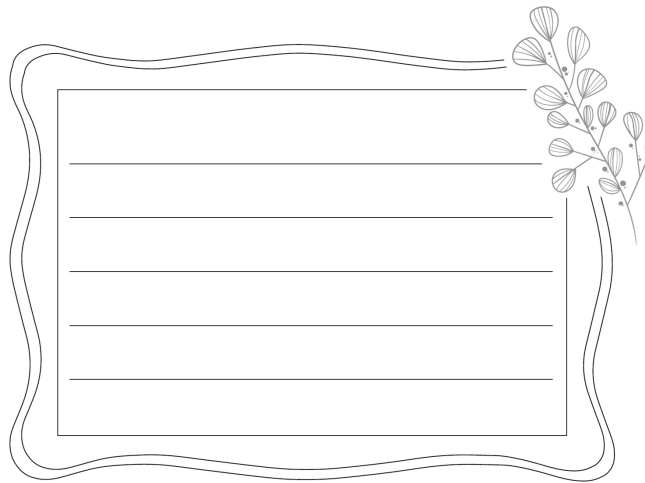


A decorative rectangular frame with a scalloped border and a floral illustration on the right side. Inside the frame are six horizontal lines for writing.

How do you react when jealous emotions occur?

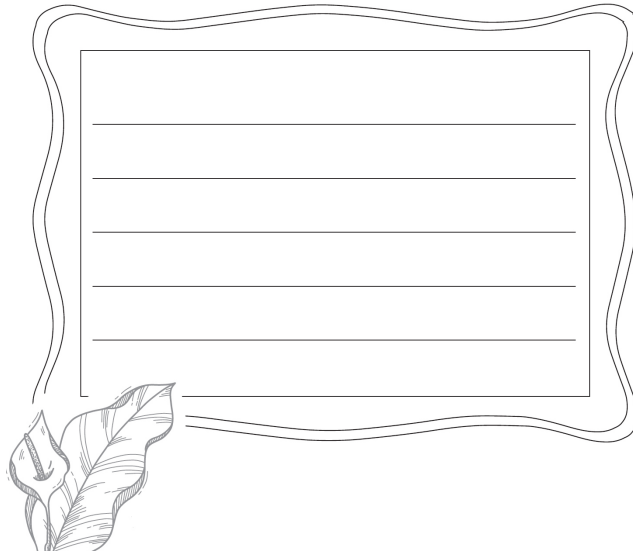


How can you respond with kindness when jealous emotions occur?



Pride

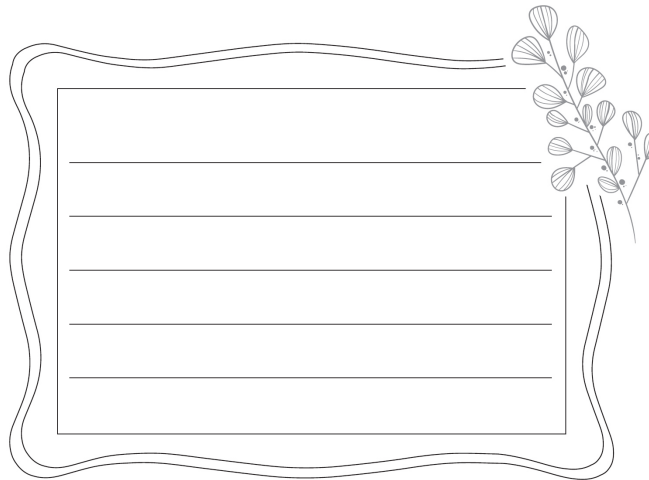
Reflect on your past accomplishments in life: personal, physical, academic, spiritual, social, or anything else. Of all of these, what are you most proud of?



Why are you most proud of this?



How does this motivate you?



Inspiration

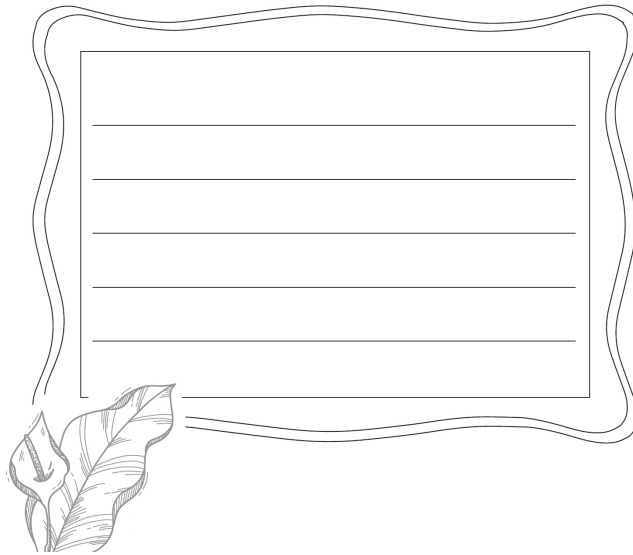
Write down a time in your life when you felt a spark of inspiration or joy. Where were you? What were you doing? Who were you with?

A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and flowers is positioned at the bottom right corner of the frame.

What inspired you most about that experience?



How can you express that same inspiration?

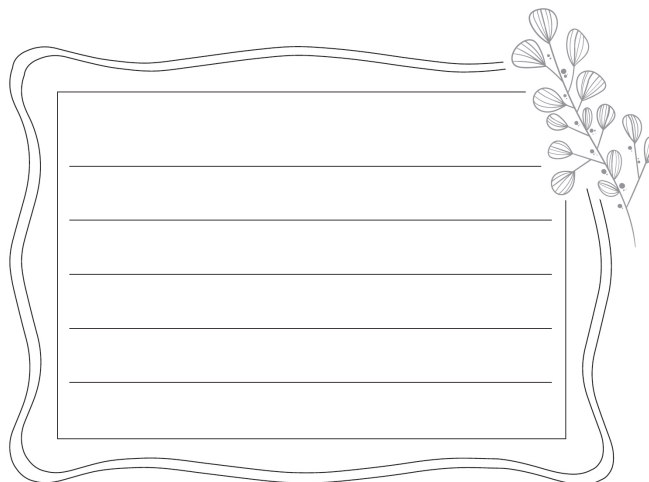


Dream Life

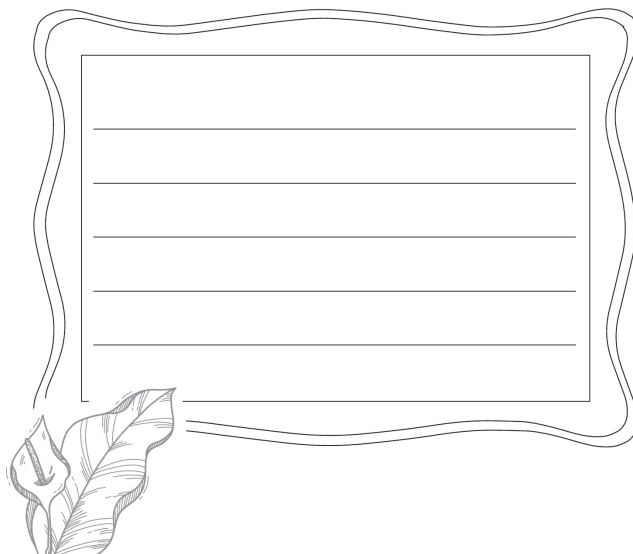
Envision your dream life. How does it differ from your current life?



What would your daily experience be if you were living your dream life today?



What is holding you back from experiencing this?



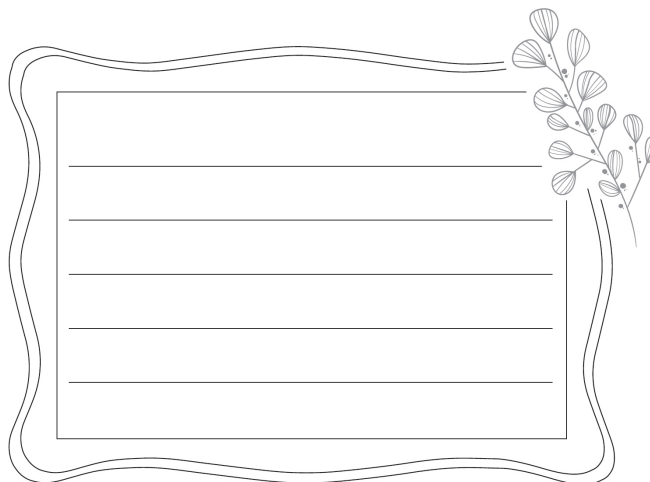
Dreams

What are your biggest dreams in life?

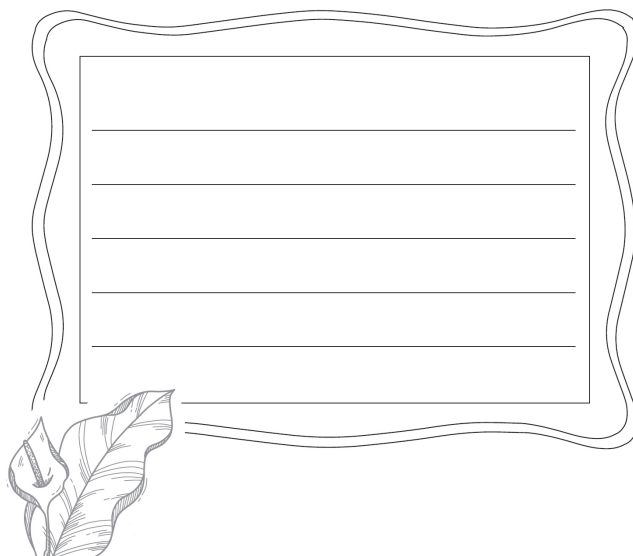


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small floral illustration is positioned at the bottom right corner of the frame.

If your biggest dreams came true, what would you do



How would you feel?



Freedom

What does freedom mean to you?

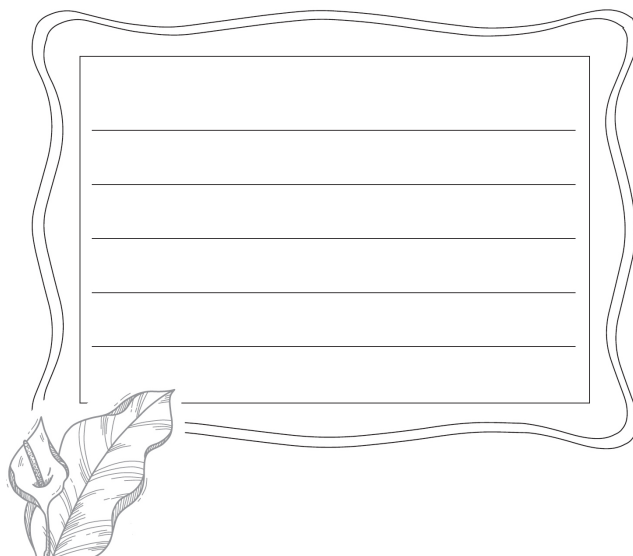


A decorative frame with a scalloped border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a small flower.

When do you feel most free?



What is stopping you from experiencing freedom every day?

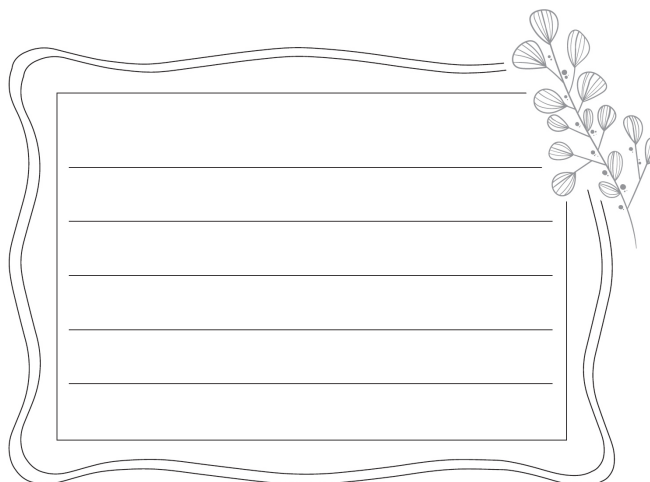


Envisioning Life

If you were living your dream life, what would that look like?

A decorative frame with a scalloped, wavy border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small, detailed illustration of a plant with several leaves and a small flower.

How would you feel every day?



What is the difference between your dream life versus your current reality?



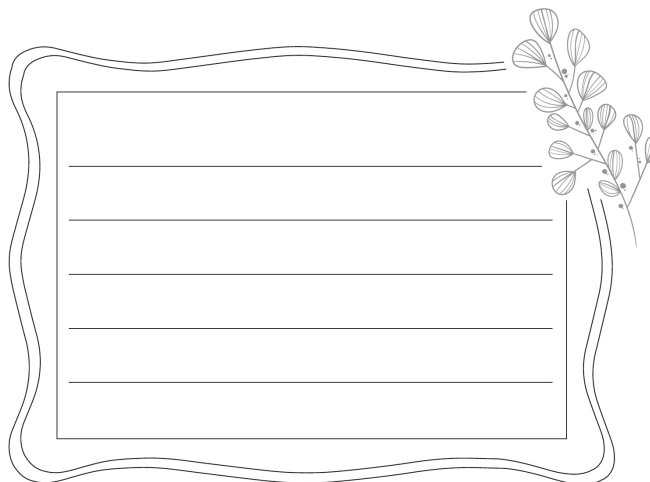
Defining Moments

Reflect on your life experiences so far. What have been the defining moments or turning points?

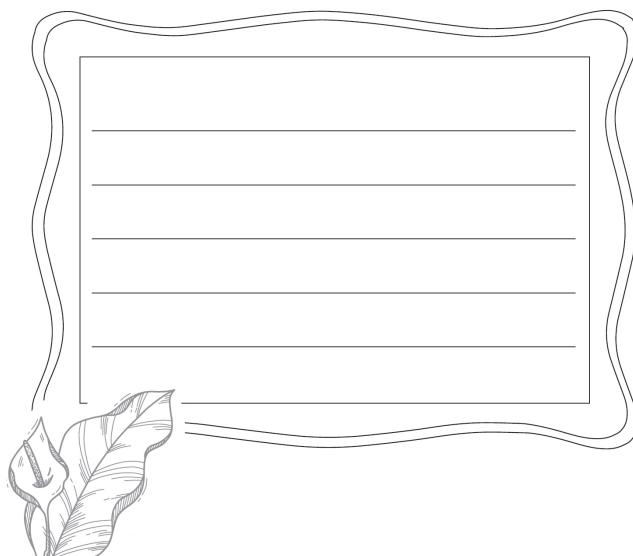


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small floral illustration is positioned at the bottom right corner of the frame.

How did these pivotal moments make you feel?



How did these turning points shape who you are today?



Making a Difference

What makes you feel like you are making a difference in the world?

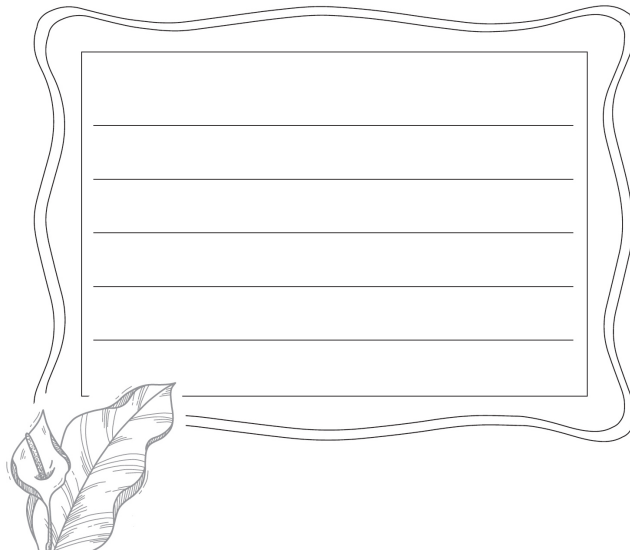


A decorative frame with a scalloped border containing a writing area with horizontal lines. A small illustration of a plant with leaves and a stem is positioned at the bottom right corner of the frame.

What actions do you take to allow yourself to make a difference?



How does it feel when you're making a difference?



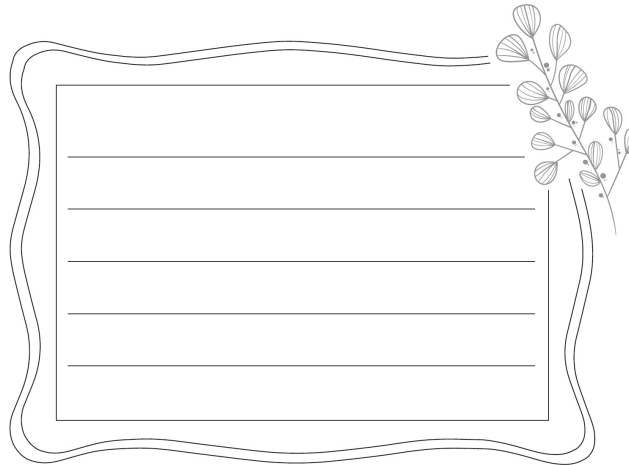
Compliments

What are the top 3 compliments others give you?

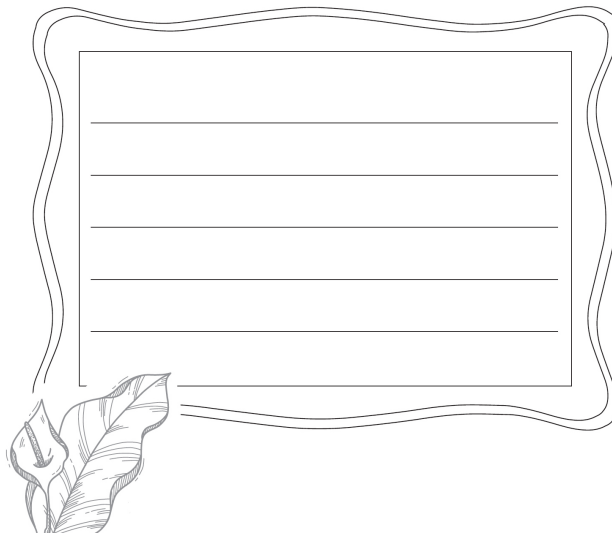


A decorative frame with a scalloped border containing ten horizontal lines for writing. A small floral illustration is positioned at the bottom right corner of the frame.

How do you feel when you receive compliments like this?



Do you believe that you are those qualities?



Habits

What is the habit that you've been able to sustain for the longest?

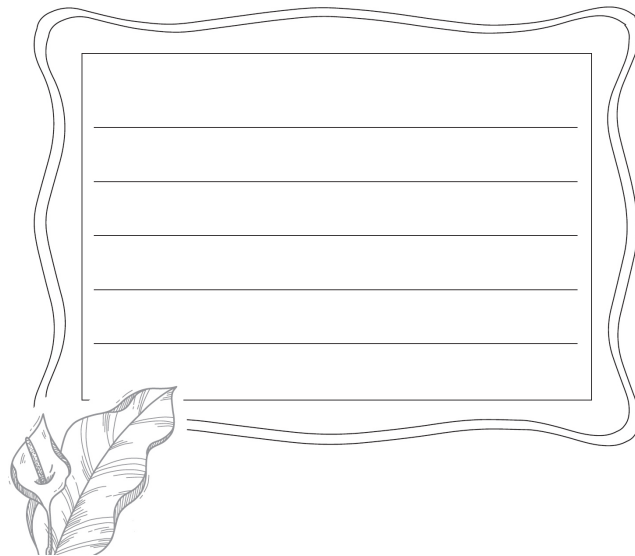


A decorative frame with a scalloped border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a few flowers.

What motivates you to keep this habit alive?



Is there a part of you that would like to change this habit?



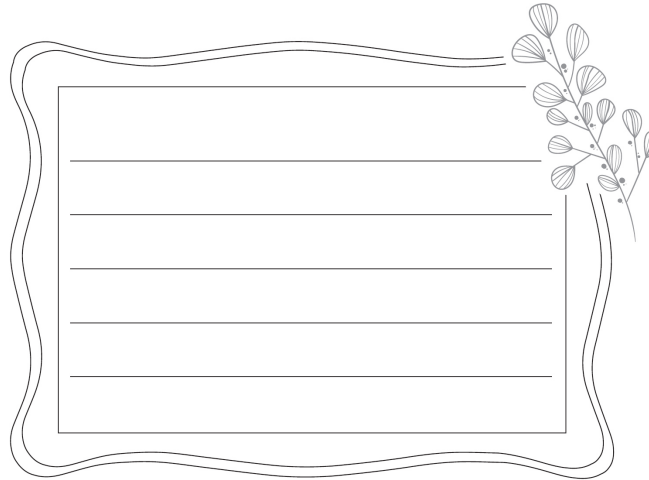
Happy Day

Describe your happiest day. It could be a real memory, or your ideal, perfect day.

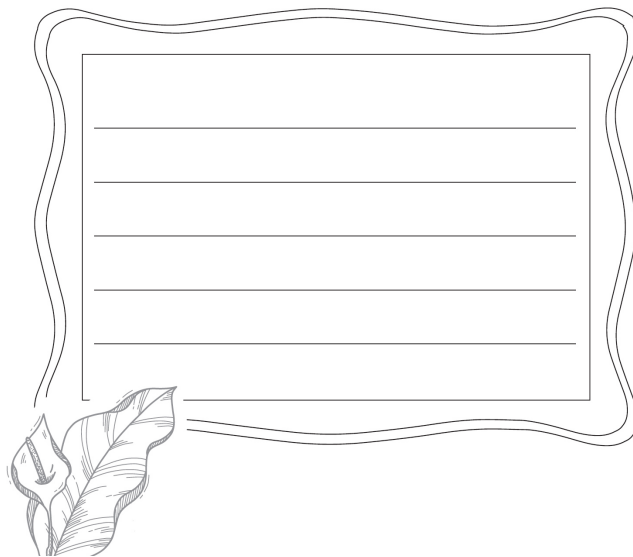


A decorative frame with a scalloped border. Inside the frame, there are ten horizontal lines for writing. At the bottom right corner of the frame, there is a small illustration of a plant with several leaves and a small flower.

What is it about this day that makes you feel happy?



How often do you feel happy in your day-to-day life?



4

Get to the Root

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GETTING TO THE ROOT OF YOUR SHADOW

Come to this section whenever you are facing your shadows in real-time.

Behaviors of your unconscious shadow include:

- *Feeling angry, irritated, or anxious without a clear reason*
- *Blaming external factors for your problems, consistently playing the victim*
- *Ongoing negative thoughts and laziness.*
- *Lack of motivation and doubtfulness of one's capabilities*
- *Jealousy, negative thoughts towards others*
- *Feelings of guilt, shame*

EXAMPLE

Getting to the Root of Your Shadow

Find a dim, quiet space to sit in. Tune into your shadow.

What is triggering my shadow? My job and presentation tomorrow

What thoughts am I having? I want to quit. This job sucks the life from me. I can't do this presentation tomorrow, I don't feel prepared...

What emotions am I experiencing? Anxiety, fear

Close your eyes. Listen to your inner voice.

What 3 words come to your mind? Write them down?

They hold meaning.

Trapped

Nervous

Heavy

What memories or images come to mind when you focus on these words? Connect with your inner child.

I think of a bird in a cage looking out from the inside. I know that freedom exists on the other side, but I'm nervous to fly. I'm nervous and anxious about my capabilities - what if I can't go far if I leave?

I feel heavy, and like something is weighing me down.

I felt like this as a child in school, always looking outside the window, and struggling to understand the material in class.

Set the intention to energetically accept & love your inner child.

Let go.

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Resources

- Zenfulnote App - This is an app that allows you to track emotional triggers and moods. It is a virtual space for self-exploration with prompts, exercises and learning materials around self-healing and shadow work.
- Mental Health Foundation - This is a UK-based charity that provides information and resources on various mental health conditions.
- Mind - This is a UK-based charity providing support and resources for various mental health issues.
- Psychology Today ([Psychologytoday.com/gb](https://www.psychologytoday.com/gb)) - This is a directory website that allows you to search by location and provider type for therapists, psychologists, and more.
- Samaritans - A free helpline open twenty-four hours a day, 365 days a year for those in crisis or considering suicide.
- CALM - A mental health charity with a helpline and web-chat support for those struggling with their mental health.
- BEAT - The UK's eating disorder charity, providing help and support for those who may be struggling with an eating disorder.
- Therapy for Black Girls - This is an on-line directory and resource that helps black women with support from licensed mental health providers.
- Therapy for LatinX - This is a database of therapists who either identify as LatinX or have worked closely with LatinX communities and understands their needs. www.therapyforlatinx.com
- Talkspace - This is an on-line therapy platform that provides therapy for people experiencing depression and other mental health conditions.
- BetterHelp - This is an on-line therapy platform that provides therapy for people experiencing depression and other mental health conditions.
- Anxiety UK - a national charity dedicated to supporting people with anxiety.
- Advanced Healing Wellness Center (AHWC) emphasizes a holistic approach to health and wellness. They integrate physical, emotional, mental, nutritional, and spiritual components and restore balance inwardly and outwardly.

DOWNLOAD *the* APP



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WHERE TECHNOLOGY MEETS INNER–TRANSFORMATION.

- Track Triggers
 - Check In Feelings
 - Journal Prompts
 - Healing Exercises
-
- View Emotional Patterns Over Time

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