SHADOW WORK

Reflections

Reflection 1: Where am I right now?

Take stock of where you are first and foremost. What do your surroundings look like, who are you with, how are you feeling? What resistance or peace do you feel in this present scenario?

Reflection 2: What are my limits?

What are your physical, emotional and spiritual limits? How does it feel to acknowledge your limits? How can you view your limits in a new way?

Reflection 3: What do I need right now?

What do you need in this moment? How does this compare to last week, last month, last year? What do you want to express today?

Reflection 4: What was a need that wasn't met for me in childhood?

Is there similarity in your present needs? How did you respond to this unmet need? How do you manage that now?

Reflection 5: How would I speak to that child version of me now?

If you were standing in front of that child version of you now, how would you interact with them?

Reflection 6: What annoys me about other people?

How does this reflect your own traits? How do you act when interacting with people who have these traits?

Reflection 7: Where do I wish other people would shrink themselves or take up less space?

Which fears does this highlight within you?

Reflection 8: I feel most judged when...

What brings up the shadow side for you? What aspect of yourself are you most protective of?

Reflection 9: I feel most uncomfortable when...

Where do you feel the most fear to step outside of your comfort zone?

Reflection 10: The person I feel most comfortable around is...

Who are they & how do they provide a safe space for you?

Reflection 11: I wish to take up more space in...

Which environments would you like to make a bigger impact in & have your voice heard?

Reflection 12: How do I view my body?

What positive or negative beliefs do you have about your body?

Reflection 13: If my body could talk, it would say...

How have you treated your body?
What does your body need right now?

Reflection 14: How can I incorporate the body more in my spiritual practice?

What types of activities are you drawn to?

Reflection 15: When my body isn't feeling good I....

Do you partake in self-care or fall into bad habits? What would you like to change here?

Reflection 16: What creative pursuit would I like to revisit?

Which creative pursuits would you like to partake more in?
Which creative pursuits were you discouraged in?

Reflection 17: When I am creating I judge myself by...

What limiting thoughts or physical discomfort come up when you are in creative mode?

Reflection 18: One thing I created recently and am proud of is...

Where have you seen the fruits of your creative energy recently? This doesn't have to be physical in nature.

Reflection 19: What is my relationship with power?

Where do you have the most power in my life?
Where do you have the least power?

Reflection 20: What is my relationship with authority?

How do you view authority in general?
What are some positive examples of authority for you?

Reflection 21: Something I would like to be more disciplined with is...

What has been stopping you?

Reflection 22: How do I treat myself when I am undisciplined?

Is this positive or negative & how might you change this?

Reflection 23: What is a strength I have been shamed for?

What aspect of your personality causes you to feel shame or fear, but is actually a strength in disguise?

Reflection 24: How can I better express this strength?

List some ways you can bring this strength, that you have been shamed for, forward in a more obvious way.

Reflection 25: What does love look like for me?

Where do your ideas of love and what it looks like come from?
What aspects of yourself are confronted in relationships?

Reflection 26: What am I attracted to in people?

What usually attracts you to people (positive or negative)?
What type of relationships do you envision for yourself?

Reflection 27: What am I looking for in a partner now?

List some new traits/characteristics you want to gravitate towards, based upon the reflection you did with the last prompt.

Reflection 28: How comfortable do I feel expressing my feminine energy?

What could you shift here?

Reflection 29: How comfortable do I feel expressing my masculine energy?

What could you shift here?

Reflection 30: How comfortable do I feel to express myself vocally?

How do you feel when vocal expression is required?

Reflection 31: How comfortable do I feel in silence?

How comfortable do you feel in silence & solitude, meditation & reflection?

Reflection 32: Intuition.

Do you trust your intuition? How clear is you intuition?
How confident do you feel following it?

Reflection 33: What aspects of my spirit have I distanced myself from?

What type of connection would you like to have with your spirit?

Reflection 34: What expectations do I have in different types of relationships?

Familial, friendship, romantic - how can you acknowledge these?

Reflection 35: What are my boundaries?

List some of your most obvious or 'important' boundaries.

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Reflection 36: Experience with boundaries.

How do you respond when your boundaries are crossed? What do you like about this, what do you want to shift?

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Reflection 37: Collective Shadow.

What is your relationship with the collective shadow?
What are your limits with the collective shadow?

Reflection 38: A common dream symbol for me is...

What themes are consistently present in your dreams & what might this reveal about the unconscious mind?

Reflection 39: Something I wish to release in my life is...

What is a trait within yourself that you wish to let go of?

Reflection 40: Spiritual Bypassing.

In what ways do you use your spiritual practices
to bypass or dismiss everyday obstacles?

Reflection 41: Spiritual Ego.

In what ways do you use you spiritual identity to put yourself above or below others?

Reflection 42: Spiritual Identity.

How do you conceptualize your 'spiritual identity'?
How are certain labels helpful or harmful?

Reflection 43: Golden Shadow.

Which of your positive traits or skills do you feel resistance towards? Why might this be?

Reflection 44: Shadow work.

What is my conception of shadow work? What resistance comes up in relation to shadow work, or the idea of having a shadow?

Reflection 45: Projection.

Where do I tend to project? Where would would I like to draw this in?

Reflection 46: Internalization.

When have you internalized shadow? What types of shadow have you internalized?

Reflection 47: What did I expect from my parental figures?.

How did they live (or fail to live) up to these expectations?

Reflection 48: I forgive my mother for...

What pain did your mother push onto you,
how can you view this with more forgiveness?

Reflection 49: I forgive my father for...

What pain did your father push onto you,
how can you view this with more forgiveness?

Reflection 50: I feel most aligned when...

What activities bring you the most joy, peace and flow?

Reflection 51: I feel most uplifted by...

In which spaces do you feel most *yourself*, most supported?

Reflection 52: I'm most excited for...

Looking forward, what shifts are you most excited for in your life? Create a vision/set some intentions.

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Looking forward, what shifts are you most excited for in your life? Create a vision/set some intentions.

MY NOTES