

# Shadow Work

## JOURNAL PROMPTS

#1. WHAT WAS ONE TIME YOU REMEMBER FEELING WRONGED AS A CHILD? HOW DID YOU REACT? HAS THIS AFFECTED YOU INTO ADULTHOOD? HOW?

#2. THINK ABOUT ONE TIME WHERE YOU'VE FELT BETRAYED. WHAT WOULD YOU SAY TO THE PERSON WHO BROKE YOUR TRUST?

#3. WRITE ABOUT A TIME YOU FELT LET DOWN BY SOMEONE YOU'D PREVIOUSLY LOOKED UP TO.

#4. WHAT'S ONE TRAIT YOU SEE IN OTHER PEOPLE THAT YOU WISH YOU HAD. WHY DO YOU NOT POSSESS THIS CHARACTERISTIC YOURSELF?

#5. DO YOU OFTEN FIND YOURSELF OVERTHINKING WHAT YOU'VE SAID OR HOW YOU'VE ACTED? WHAT USUALLY TRIGGERS THIS?

#6. WHAT WERE YOUR PARENTS'/GUARDIANS' CORE VALUES WHILE YOU WERE GROWING UP? DO YOU HOLD THESE TODAY OR DO THEY DIFFER? HOW SO?

#7. WHAT ARE YOUR CORE VALUES AS A HUMAN BEING? WHAT'S THE MOST IMPORTANT TO YOU? WHAT ARE YOU MORALLY PASSIONATE ABOUT?

#8. WHAT TENDS TO TRIGGER ENVY FOR YOU? WHY DO YOU THINK THIS IS?

#9. WHAT ARE THE FIRST SIGNS THAT YOUR MENTAL HEALTH IS DIPPING?

#10. WHEN ARE YOU HARDEST ON YOURSELF? WHY? WHERE DO YOU THINK THIS STEMS FOR? WHY DO YOU PUT YOURSELF UNDER SO MUCH PRESSURE? WHY ARE YOU SO RELUCTANT TO BE KIND TO YOURSELF?

#11. HOW DO YOU REACT WHEN YOU'RE ANGRY? IS THIS SIMILAR TO OTHER PEOPLE WHO HAVE BEEN IN YOUR LIFE SINCE CHILDHOOD? WHY DO YOU THINK THIS IS?