

EXPLORING MY SHADOW SELF



Understanding the parts of me I hide, reject, or ignore so I can integrate, heal, and grow.



WHAT IS THE SHADOW SELF?

Our shadow self includes the parts of us we hide, deny, or judge—often because they were not accepted, safe, or loved in the past. It can include feelings, desires, memories, traits, and beliefs. When we bring these parts into the light with compassion, we become more whole and free.



INTENTION

As I explore my shadow, I will be honest, compassionate, and non-judgmental with myself. This is a safe space to reflect and grow.

My intention for this work is:

1. WHAT I HIDE

What parts of myself do I hide from others? What feelings, desires, or traits do I believe are “unacceptable” or “too much”?



2. WHAT I JUDGE IN OTHERS

What traits or behaviors in others bother or irritate me the most?

What might these reflect about my own shadow?



3. WHEN MY SHADOW SHOWS UP

In what situations do I tend to react strongly, get triggered, feel shame, anger, jealousy, or fear?

What story do I tell myself in those moments?



4. CORE BELIEFS & MESSAGES

What negative beliefs did I learn about myself (growing up, past relationships, culture, etc.)?

What messages do I still carry that keep my shadow hidden?



5. WHAT MY SHADOW NEEDS

If I could ask my shadow what it needs, what would it say?

What emotions or desires might be underneath its behavior?



6. INTEGRATION & COMPASSION

How can I show compassion to the parts of me I've rejected or judged?

What would it look like to accept and integrate these parts into my life?



7. MOVING FORWARD

What is one step I can take to honor, understand, and integrate my shadow self in a healthy way?



REMEMBER:

- ♥ My shadow is not my enemy.
- ♥ It holds energy, wisdom, and protection.
- ♥ I can choose to bring it into the light with love and understanding.
- ♥ Wholeness is my birthright.



I embrace all parts of me. I am whole, worthy, and enough. ♥

