

Shadow Work

30 SHADOW WORK JOURNAL PROMPTS

NAME _____ DATE _____

1 What is one small thing someone did this week that annoyed you more than it should have?

2 What is one habit you hide from the people closest to you?

3 Which compliment do you find hardest to accept, and what do you say instead of thank you?

4 What emotion do you tend to hide with a joke or a shrug?

5 Name one trait you quickly judge in strangers, like loudness or lateness. What word comes to mind when you see it?

6 When did you last say "I'm fine" when you weren't? What were you actually feeling?

7 What is one thing you want but feel a little embarrassed to admit wanting?

8 Which word did people use to describe you as a child that still follows you around?

9 Think about the last time you felt jealous. What did the other person have that you wanted?

10 What do you reach for, like your phone, a snack or a to-do list, when a feeling gets uncomfortable?

- 11 This morning, notice one thought you wouldn't say out loud. Write it down without editing it.
- 12 Write down one moment today when you reacted fast. What happened in your body just before?
- 13 What is a rule you live by that you have never questioned?
- 14 Pick someone who irritates you. List three things about them that bother you, then ask gently whether any of those show up in you, even a little.
- 15 Who do you admire a lot? What quality in them might be one you have but haven't let yourself use?
- 16 What part of your personality do you turn down around certain people, and who are those people?
- 17 When you were growing up, which feelings were welcome at home and which ones were not?
- 18 Describe a pattern that keeps showing up in your friendships or work, like over-giving or pulling away. When do you first remember doing it?
- 19 What do you criticize yourself for most often? Whose voice does that criticism sound like?
- 20 Write about a time you said yes when you meant no. What were you afraid would happen if you said no?

- 21 What do you most want to be seen as: kind, smart, strong, easygoing? What happens inside you when someone sees you differently?
- 22 Think of a recent argument. Write the other person's side as fairly as you can. What do you notice?
- 23 Which of your needs do you call "too much"? What would change if you called it ordinary instead?
- 24 What are you quick to forgive in others but slow to forgive in yourself? Or is it the other way around?
- 25 When you feel rejected, what is your first move: chase, shut down, get busy, or something else? Where did you learn it?
- 26 Describe the version of yourself you show online or at work. What does that version leave out?
- 27 What story do you tell about yourself when things go wrong, like "I always mess up" or "nobody helps me"? Where else does that story show up?
- 28 Write a letter to a part of yourself you usually push away, such as your anger, your neediness or your fear. Ask it what it has been trying to protect.
- 29 Think of a hurt you still carry. Without excusing anyone, write about what that experience taught you to believe about yourself.
- 30 What do you quietly believe you have to do or be in order to be loved? Write about where that belief may have started.