

SHADOW WORK JOURNAL PROMPTS

The Inner Child

The "Good" Child: What did you have to do as a child to get praise or love? (e.g., "I had to be quiet," "I had to get good grades," "I had to be the funny one.")

The "Bad" Emotions: Which emotions were not allowed in your house growing up? Was it anger? Sadness? Fear? What happened when you showed them?

The Lost Joy: What is something you loved doing as a child but stopped because someone told you it was "silly," "useless," or "annoying"?

The Apology: Write a letter to your younger self for a time you felt unprotected or misunderstood. What do they need to hear from you now?

The Rebel: What rules did you secretly want to break as a kid? Why?

BONUS PROMPTS

The Secret Hiding Place: Where did you go physically or mentally to hide when you were scared or overwhelmed as a kid? (e.g., Under the bed, into a book, into silence). Do you still "hide" in that same way when life gets hard today?

The "Grown-Up" Promise: What is one thing you promised yourself you would never do "when I grow up"? Did you keep that promise, or do you find yourself repeating the very behaviors you once resented in adults?

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The Mirror

The Nemesis: Think of a specific person who annoys you deeply. What specific trait do they have that bothers you? (e.g., "They are so arrogant," "They are too needy.")

The Reflection: Be brutally honest: In what small way do you share that trait? Or, is that trait something you secretly wish you allowed yourself to be? (e.g., You hate their "arrogance," but maybe you wish you had their confidence.)

The Judgment: What is a behavior you judge others for? What are you afraid people would think of you if you acted that way?

The Jealousy: Who are you jealous of right now? What do they have that you feel you can't have? (Jealousy often hints at your hidden desires).

The "Nice" Guy/Girl: When do you say "yes" when you want to say "no"? What are you afraid happens if you say "no"?

BONUS PROMPTS

The Golden Shadow (Admiration): Think of a public figure or celebrity you are obsessed with or deeply admire. Write down 3 adjectives to describe them (e.g., "Bold," "Unapologetic," "Free").

The Over-Reaction: Recall a recent time you got way more angry than the situation called for (like screaming at a slow driver). What was the real feeling underneath the anger?

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The Narrative

The "I Am" Statement: Complete the sentence: "I am the kind of person who..." Now, challenge it. Is that actually true, or is it just a habit?

The Secret: What is one thing you hope no one ever finds out about you? If they found out, what is the worst thing that would happen?

The Self-Sabotage: Think of a goal you haven't reached yet (like getting fit or saving money). How are you secretly getting in your own way? What is the "payoff" for staying stuck? (e.g., "If I stay stuck, I don't have to risk failing.")

The Intolerance: What part of your personality do you try hardest to hide from the world? What would happen if you let it out just 5% more?

The Strength: What is a "negative" trait you have (like being stubborn or bossy)? How has that trait actually helped you survive or succeed in the past? (This is finding the Golden Shadow).

BONUS PROMPTS

The Money Script: Complete this sentence: "Money is..." (e.g., hard to make, the root of evil, scarce). Who gave you this script? Is it actually true for you, or are you just repeating a parent's fear?

The "Lazy" Label: Do you often call yourself "lazy"? Challenge that label. Is it really laziness, or is it actually fear of failure, perfectionism, or burnout? Rename your "laziness" with the honest truth.