

DEEP Shadow Work Journal and Workbook

People often cringe at doing shadow work, but - ***What if shadow work were viewed as the beautiful, freeing process it is?***

And - ***What if you gave yourself permission to feel and cry while doing shadow work?*** And then chose to forgive and love yourself unconditionally?

This shadow work journal will help you to discover and heal your shadow side with deep journal prompts, **little-known shadow illumination techniques** (*from the Teachers of Light*), inner child healing, and self-care.

Not your average shadow work journal, this workbook takes a deeper dive than most into your shadow self to illuminate and integrate it fully.

If you struggle with anxiety, low self-esteem, depression, trust issues, want to raise your vibration, or find it hard to maintain healthy, authentic relationships –

Then shadow work is perfect for you!

Copyright 2021 © StrengthEssence.com

All Rights Reserved. This book, or any portion of it, may not be shared, reused, resold, or republished in any format without express written consent from the author.

The information contained in this book is for general informational purposes only and should not be considered a substitute for the advice of a mental health professional.

*"By illuminating and integrating
our shadows, we make ourselves
whole."*

Table of Contents

What is your Shadow Side?	5
Why Should I Do Shadow Work?	5
How to Get the Most out of this Journal?	6
How to Integrate your Shadow? (Forgiveness, Unconditional Love)	9
How to Illuminate Your Shadow? (The Mirror, Identifying & Working Through Triggers)	11
Working Through Triggers Journal Pages	13
Little-Known Shadow Work Hacks for Illuminating your Shadow (from the Teacher's of Light)	28
Deep Shadow Work Prompts & Writing Space	30
Inner Child Healing Exercises	56
Self-Care Exercises	68
Pros/Cons Lists	69
Final Shadow Work Thoughts	80

What is your Shadow Side

We all carry a shadow side. These are the negative aspects and vulnerabilities of ourselves that we'd rather pretend don't exist. Often, our shadow selves are born in early childhood as the result of trauma or repressing emotions.

When you ignore your shadow self, it holds power over you. When you do shadow work exercises, the shadow is illuminated, and can then be integrated to give you more awareness, strength, and stability.

In other words, you become conscious of what you've previously shoved into your subconscious by doing shadow work.

As you use this deep shadow work journal to illuminate your shadow self, your conscious self is made aware of vulnerabilities, fears, and unconscious habits that have been directed by the negative aspects of your shadow.

Why Should I Do Shadow Work

To do shadow work is to uncover what your repressed qualities are and to heal from childhood experiences or traumas that formed your shadow.

When you choose to ignore your shadow side, and remain largely unaware of it, or unwilling to admit that it exists – The shadow gets darker, denser, and thicker.

This triggers knee-jerk “unconscious programming” reactions to challenges that arise in everyday life. We tend to react quickly to situations based on previous fears, loss, or doubt, rather than slowly and carefully responding.

For example, perhaps you were accidentally left somewhere as a small child by your parents. Now, as an adult, you have an “unconscious program” of “abandonment” running in your shadow self subconscious.

If you are unaware that this incident created pain that you simply shoved down, but never looked at and healed, you may have issues of being too clingy in your relationships as an adult, and ultimately pushing potential mates away.

How to Get the Most Out of this Journal

Practice Unconditional Love

As your shadow begins to be released, it is necessary to love yourself unconditionally. After all, your shadow is usually born in childhood out of fear of judgment, unworthiness, or withholding of love from someone.

Be kind, patient, and go easy on yourself. Your shadow has been hidden away for a very long time.

It takes patience and compassion to illuminate and integrate your shadow for greater awareness and wholeness.

Practice Mindfulness Meditation

As your shadow begins to be released, it is necessary to love yourself unconditionally. After all, your shadow is usually born in childhood out of fear of judgment, unworthiness, or withholding of love from someone.

Be kind, patient, and go easy on yourself. Your shadow has been hidden away for a very long time.

It takes patience and compassion to illuminate and integrate your shadow for greater awareness and wholeness.

Practice Self-Care

Be open and non-judgmental while figuring out what makes you tick and why. Give yourself lots of grace and love when doing this inner work.

It can be painful to think about past traumas and negative experiences. It is important to follow up your shadow work with a calming self-care routine.

Benefits of Shadow Work

Healthier Relationships

When you better understand your shadow and the qualities you've tried to hide, you'll be more understanding of others and their shadows. You also won't be as triggered by other people's behavior. Exploring your shadow also makes you more self-aware of how you are acting towards others, which makes you kinder and gentler.

You Regain Control Over Yourself

Finding and illuminating your shadow makes you aware of all the negative traits you tend to show when triggered.

Being unaware of our shadow sides makes us "react", instead of "responding" to emotional triggers.

Knowing that you're prone to angry outbursts when pushed in a certain way can change the way you respond to those triggers in the future.

Become Aware of Self-Destructive Behaviors

Getting to know your shadow may show you that you have a tendency to drown your sorrows in a pint of ice cream rather than cry, because you were taught not to express your emotions as a child.

Now, when you are sad, you can let yourself cry and express the emotion rather than stuff it down with food.

Stop Cycles of Abuse

Even if you don't consider yourself abused as a child, examining how your upbringing affected you and created your shadow, will help you be a better parent to your own children.

Better Acceptance of Self

Shadow work allows you to feel more whole because you're accepting all the parts that make you, you!

Shadow and all!

A healthy, balanced person understands their shadow well and accepts all the aspects of themselves, without judgement.

Then simply seeks to choose their words and actions more carefully when dealing with others.

How to Integrate Your Shadow Side

This book goes deep with questions and exercises that will reveal your shadow self.

Remember that the shadow may not always want to be found and may lash out when cornered.

We are shining a light on something that was told it had to stay in the dark and hidden.

We may have even shoved our shadows down with alcohol and drugs. Our shadows “think” they belong there because they’ve been stuffed down for years.

Forgiveness

When you come to a place of understanding yourself, you will begin to understand and accept the negative traits in others.

You will also be able to identify “cycles of abuse”, or “generational trauma”. These are things such as, My grandfather told my father that he was “worthless” and “real men don’t cry”... He then passed this verbal abuse on to me.

It is easier to come to a place of forgiveness for the people who passed unhealthy generational beliefs onto you, if you understand where that belief came from.

Unconditional Love

When your shadow is uncovered, you may sense large amounts of guilt, shame, or fear. This is where self-love comes in.

The world is ascending into the 5th dimension, and you cannot take your baggage with you! Shadow work is an essential part of raising your vibration enough to finally attract all the incredible things this life has to offer!

Hug your shadow. Smile at your shadow. Tell your shadow that it is not its fault. Be the understanding guidance counselor to your shadow!

Pretend it is a small child who doesn’t yet know who to trust. Let your shadow finally know that it CAN TRUST YOU.

Tell your shadow that it is okay, and that you love it and understand why it was formed.

The Rose Tool

If you decide to fight or run from your shadow, the more it will hide. Or worse, chase you!

A red rose holds a very neutral vibration with its own grounding cord (stem) and visualizing a red rose surrounding your shadow will demagnetize all the dense emotions holding it firmly in place.

I have seen my shadow show up as a wailing banshee of fear that chased me. Instead of running, I turned around and hugged it, until its fear subsided.

Other times the shadow shows up as a shaming voice in your head. I instantly choose to picture a rose tool until this shame simply breaks apart.

Love, Love, and More Love!

Integrating the shadow self requires love, love, and more love!

You ARE worthy! You ARE beautiful! It is OK to be open and honest with others! It is OK to cry and express your emotions!

As children we are told not to speak our minds, not to cry or express strong emotions, that we are unworthy, not enough if we don't live up to our parent's expectations, and so on, and so on.

Our parents usually love us and say they just want what's best for us. But not all parents understand that what they think is best for us, may actually be detrimental.

Go easy on them and yourself!

How to Illuminate Your Shadow

Remember that your shadow has been told it deserves to be hidden and to just stay down in the dark for many years.

Go easy on yourself and your shadow side, for it takes a lot of courage to look at the parts of you that you have hidden away.

The following shadow work activities will help you to illuminate your shadow so that you can love, forgive and understand it.

This will begin the healing and integration process.

The Mirror Exercise

I think the Imagine Dragons song is excellent at explaining **Why to do the Mirror Gazing Exercise**:

*“When you feel my heat
Look into my eyes
It's where my demons hide
It's where my demons hide
Don't get too close
It's dark inside
It's where my demons hide
It's where my demons hide”*

Your “demons” ARE your shadow, and staring into your own eyes, as well as the eyes of others, is a great way of illuminating the shadows.

Mirror gazing is uncomfortable for many, but is a very useful tool for facing your fears, wounds, and especially your insecurities.

How to do the Mirror Exercise

Grab a mirror that you can gaze comfortably into for 15 minutes. Time yourself if you are short on time or worried about time.

You may begin to see your flaws. Things such as wrinkles, gray hair, a crooked nose, or an uneven eye may begin to pop into your awareness.

But, stick with it!

You may begin to get uncomfortable or uneasy, depending on how many physical flaws you perceive yourself to have.

If physical flaws come up, simply repeat these affirmations over and over, until you can do this exercise without physical flaws blocking you:

“I AM BEAUTIFUL!”

“I AM SAFE!”

“I AM UNDERSTOOD!”

“I AM LOVED!”

“I AM ADORED!”

Now, delve deeper and stare directly into your own eyes. Note the color, the flecks of gold, the sparks of light. Stay with yourself. Stare into your eyes.

Now, talk to yourself as if you were your own wounded inner child. You may want to say things like, “It is safe to come out now”, or “You are unconditionally loved and adored!”

If more fears surface, simply repeat:

“I AM SAFE”, “I AM SAFE”, “I AM SAFE”, and

“IT IS OK TO BE ME!”

Reflect on the Mirror Exercise: What Thoughts Came Up?

What Emotions Came Up? How Did You Respond to Those Emotions?

Any Aha Moments? How Do You Feel Now?

Working Through Triggers

A trigger is a person, place, thing or situation that causes you to have a negative emotional or behavioral response.

Negative emotions where you react rather than responding to a situation or person may show up as: Anger, running and hiding, crying, violent outbursts, inability to speak your truth or communicate honestly (simply shutting down and being quiet).

When you feel triggered, use this worksheet to break down exactly why you're feeling reactive, or reacted in a negative way...

My List of Triggers

Trigger	Emotional Reaction	Intensity of Emotion

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

What Triggered You? Describe the Situation in Detail...

How Did You React to this Trigger? What Emotions Did You Feel?

What Thoughts Did You Have When Triggered?

What is the Root or Source of this Trigger?

What Fears and Insecurities does this Trigger Bring Up?

How Can You Self-Soothe Right Now? (See Self-Care Section...)

Little Known Shadow Work Hacks

Illuminating your shadow side doesn't always have to be difficult or time consuming.

In fact, I was having a difficult time illuminating my shadow side with traditional methods.

As usual, prayer and meditation brought me to the following techniques from the Teacher's of Light and my own spirit guides I work with.

Rainbow Bright's Tube of Healing

My spirit guides did NOT prepare me for Rainbow Bright's Tube of Healing! They simply said to "try it", so I did!

This exercise brought my shadow to the forefront like nothing I've ever tried. Soon after practicing this visualization, my shadow was easily accessible during dreams and in meditation.

How to Practice Rainbow Bright's Tube of Healing

- Lie on your bed or sit in a comfortable position.
- Close your eyes and begin deep, circular breaths.
- Now visualize the brightest rainbow you can imagine surrounding your whole body with a tube of rainbow light. Make it really glow! Make it as bright as you can! Feel every sensation and play with child-like wonder as you do this!
- Hold the visualization for a few minutes or as long as you like, then go on about your day, or go to sleep.

Reflect on the Rainbow Bright's Tube: What Came Up in Dreams/Meditations?

Little Known Shadow Work Hacks

Another simple exercise for illuminating your shadow side is drinking water charged with the cosmic diamond violet flame.

To illuminate and clear your shadow self, you need some powerful energetic tools, tools that aren't given in traditional shadow work journaling exercises.

Becoming aware of your shadow self is wonderful but clearing the sticky energetic residue of the shadow with these powerful energetic tools will do so much more!

I have found that when working with these tools, it is very helpful to enter a state of playfulness! Your rational mind doesn't understand the energetics of light and sound like your aura and Soul will.

So, for this next exercise for shadow work – play, pretend, make it up, and most importantly, ***feel rather than overthink.***

Drink Water Charged with the Cosmic Diamond Violet Flame

After doing this exercise, I immediately felt euphoric, however I had more fears and pain brought to the forefront in my dreams for me to understand, heal, and unconditionally love and accept about myself.

If you are not ready to do this, it may be best to simply start with the journal prompts.

How to Charge Water with the Cosmic Diamond Violet Flame

- Get a cup of clean filtered or spring water (Clean water is super important! No tap water please!)
- Place the water in front of you.
- Ask (with reverence), the Cosmic Diamond Violet Flame to enter your water.
- Ask Ascended Master St. Germain and Archangels Zadkiel and Gabriel to assist with infusing your water with the Cosmic Diamond Violet Flame.
- Now, close your eyes and visualize the a beautiful bright violet diamond completely surrounding your glass of water.
- Make it as bright as you can! Imagine it shining as brightly as a violet diamond sun would!
- Thank St. Germain, Archangel Zadkiel and Archangel Gabriel for their assistance!
- Now drink the water and then say the affirmation: “I AM the Cosmic Diamond Violet Flame. I AM the Flame of Mercy. I AM the Flame of Joy. I AM the Flame of Oneness. I AM Saint Germain. I AM Gabriel Zadkiel.”

- Thank St. Germain, Archangel Zadkiel and Archangel Gabriel for their assistance!
- Now drink the water and then say the affirmation: “I AM the Cosmic Diamond Violet Flame. I AM the Flame of Mercy. I AM the Flame of Joy. I AM the Flame of Oneness. I AM Saint Germain. I AM Gabriel Zadkiel.”

Reflect on the Cosmic Diamond Violet Flame: What Came Up in Dreams/Meditations?

Deep Shadow Work Journal Prompts

Journal prompts for shadow work are essentially questions designed to probe and challenge the most negative traits of your subconscious psyche, such as: anger, fear, doubt, greed, victimhood, lack, distrust, and jealousy.

Self discovery is the ultimate goal of shadow work and shadow work prompts are an ideal way to get to the root of your shadow.

When you ask yourself shadow work questions, and answer as honestly as you can, you illuminate the side of you that you have most feared and repressed.

Once you are made aware of your shadow self, you can fully accept and unconditionally love it, which takes you off the “wheel of unconscious shadow self reactions”.

You can then begin to respond to your life, rather than react, run, hide, reject, or push away people or experiences that are healthy for you, or help you grow.

What makes you anxious? Why?

What makes you angry? Why?

Do you feel safe? Why or why not?

What scares you the most? If your greatest fear happened, what would be so bad about it?

What are your worst traits? Why?

When confronted I...: A: Go on defense and lash back, B: Run and hide, C: Calmly respond to the confrontation. Why do I react this way?

What times have I felt most ashamed in my life? What caused the shame? (Religious teachings, guilt placed by parents, going against a moral code?)

Think of a time you were wronged. How did that make you feel?

If you could change one thing about yourself, what would it be? Why did you choose this?

What one negative thing can I not stop telling myself? Where does this thought stem from?

Do you have recurring nightmares? What are they about? Why do they scare you? How can you confront this fear in your waking life?

What lies are you telling yourself at this time? Examples may be lies about your health, finances, mental stability, stress level, happiness level, etc... How can you better face your denial and reset your healthy path?

What unfulfilled dream scares you the most? Why? What steps could you take to build up to conquering your fear?

What was your last mean thought? Did you mean it? Did you tell others? Does this type of thought happen often? Why?

When did you feel unloved as a child? Why?

Do you feel unloved or unworthy as an adult? What steps can you take to give more love and self-worth to yourself?

What is your biggest regret? Why? How can you make peace with having this regret now?

Do you expect great things? Do you know good things are coming to you? Why do you deserve good, or why not?

What main thing did you want in childhood that you didn't receive? Why did you want this so badly? How has this shaped your adult self?

What is your mother/caregiver's worst trait? Do you share this trait? Why?

What is your father/caregiver's worst trait? Do you share this trait? Why?

Do you have any trauma from childhood? Do you feel the traumatic event is your fault? Why?

Do you allow yourself to be sad when unhappy life events arise? Why or why not?

When are you happiest? Why?

When are you the saddest? Why?

Do you believe you can accomplish any task you set your mind to? Why or why not?

What one obstacle is holding you back from achieving the life of your dreams? Why? How can you overcome this?

What one person let you down as a child? Do you share any traits with this person?

What was your biggest childhood fear? Why? How have you overcome this fear in adulthood?

Would you describe your childhood as happy? Sad? Healthy? Balanced? Lonely? How have you overcome this in adulthood?

Who did you look up to growing up? Did this person or organization live up to your childhood expectations? How did this make you feel?

What is your most vivid memory of being disappointed as a child? Do you expect to be disappointed as an adult because of this?

When I get sad or depressed, I cope by doing this? Who did I learn this coping skill from?

What task do you feel the best doing? I feel good doing this because...

Are you hard on yourself when you are not self-disciplined with food, exercise, and to-do lists? Why?

What is the worst thing you've ever done to someone else? Why did you do it? Do you still feel guilty for this? Would making amends with this person make you feel better?

What is the worst thing you've ever done to yourself? Why did you do it? How can you make up for it and show unconditional love to yourself now?

Do you drink alcohol, or take prescription or recreational drugs to escape pain? What pain or emotions are you trying to escape? Can you allow yourself to feel this pain, accept it, and let it go?

Who are you jealous of? Why? How can you emulate the traits you are jealous of, or work towards manifesting the things they have that you'd like to have?

Do you like or dislike pets? Does this stem from a healthy love/untimely death of a beloved childhood pet? How can you work towards healing this if needed?

What relationship has hurt you the most in your life? Whether the person is living or deceased, create a pros/cons list of how you both learned (pros) and were hurt (cons) by this relationship. Pros:

Cons of Most Painful Relationship:

Are you embarrassed by your sexuality? Why or why not?

Have you experienced great grief or loss in your life? Do you feel you could have saved this person/animal if only you'd done this or that different? Why?

Did you ever feel like a victim in childhood? In adulthood? Is it easier to play a victim now than take responsibility for any wrongdoing on your part?

Do you blame your mother/father/caregiver for anything? If you put yourself in their shoes, do their actions make more sense to you? Were they stressed, overworked, financially burdened, had health issues, suffered from alcoholism, depression, etc...

Is it easy for you to ask for help? Does it make you feel weak or vulnerable? Why do you think this is?

I am grateful for these 10 things... Can be people, animals, your work, etc. Really feel the feelings of how these things bring you joy!

These are my 10 BEST traits... Now that you've become aware of your shadows, give yourself props for all your greatest accomplishments/strengths!

I would loove to have these 5 characteristics! Write them down and read them aloud for 30 days for best results.

Inner Child Healing

As children, we long for unconditional love, support, and acceptance from our parents or caregivers.

When we experience childhood trauma, or don't receive the unconditional love, support, and nurturing we desired – Our inner child becomes hurt, wounded, defensive, angry, ashamed, or guilty.

We may cope in adulthood with denial, pain, fears, repression (not fully growing up), or develop co-dependent relationships with spouses, partners, or even friends.

It is time to heal and repair the wounds from past childhood pain by first acknowledging them.

Remember to go easy and take your time. Childhood traumas and pain are often the most difficult to identify, look at, and forgive. Many of these memories are painful. It is 100% OK to cry, punch pillows, and scream at this pain!

**Did you feel listened to as a child by the adults around you?
Why?**

**Was it okay to speak your mind in your home as a child?
Why?**

How often did the adults in your life spend time with you as a child?

Were you ever left somewhere as a child? Or did an adult forget to pick you up? When?

Was it okay to be the sexual orientation you are? Were you shamed for sexual preference/partners/thoughts/leanings?

Were you shamed for how you look/act/your interests/choices of future profession? Were you told you weren't thin enough, needed makeup, etc.

Were you pushed into things you didn't want to do? (Things like sports, dance, chess club, etc, because your parent/guardian wanted you to excel at their interests)

Inner Child Healing Continued...

Now that we've identified this pain, we are going to look for generational patterns.

Oftentimes, your parents/guardians are simply regurgitating shame, fear, guilt, etc. from their parents onto you unconsciously.

Perhaps your father was abused by your grandfather (which was more common back then), and he inflicted this physical/verbal/emotional abuse onto you as the only parenting skill he was taught.

These generational traumas/patterns can be identified, healed, and ended by YOU! You are choosing to stop the cycles of unconsciousness by looking at them, understanding them, feeling the pain of them, and forgiving them.

What was the biggest negative emotion you were made to feel as a child? Why?

Which parent/caregiver/adult made you feel the worst? Why?

Was this parent/caregiver/adult shamed, abused, guilty, or made to fear by their parent/caregiver/adult before them when they were a child?

Do you understand why this parent/caregiver/adult made you feel this way? Why?

What did this parent/caregiver/adult treating you this way teach you? Are you a stronger person now because of it? Do you recognize these patterns in yourself and others better? Are you better able to stand up for yourself now as an adult?

Can you forgive this parent/caregiver/adult for treating you this way in childhood? Why or why not?

Are you a parent? Have you come across times where you reacted, or were going to react in the negative way your parent/caregiver/adult did to you that you disliked?

Inner Child Healing

To heal the pain we felt in childhood from the adults who were supposed to unconditionally love and protect us, we have to identify and feel the pain.

I encourage you to let it out. Cry. Scream. Punch pillows. Go for an angry hike/walk. Take the time to understand what your inner child needed, and why you didn't receive it with these inner child journal prompts.

Maybe your mother had depression. Maybe she was exhausted, or sick a lot. Maybe her mother shamed and guilted her, and that's all she knew.

Or maybe your father was expected to be perfect, or a phenom at something, or his father pushed him to be a doctor, so he tried to push you.

Whatever the reasoning for your inner child not receiving the love/support all children need – We can go a long ways towards healing by identifying it.

Write a letter to your inner child. Tell yourself you are forgiven for not being perfect. Tell yourself how much you love and appreciate yourself as a child – Just as you are! What else do you want your inner child to know?

Inner Child Affirmations

Now that we've journaled how we felt as children, identified generational traumas/cycles, and allowed ourselves to feel any pain that may have come up during the inner child exercises – We can now begin to rebuild/affirm what we really needed as children.

The spoken word is very powerful. Our words carry weight, vibration, and eventually create our beliefs and actions – Which in turn, creates our realities.

We are “programmable” by the stories we tell ourselves, so it is time to tell ourselves new stories!

Imagine if you would have been told as a child that you could accomplish anything and to keep trying at your biggest dreams? Imagine if you were told you were capable, unconditionally loved, and could be anything or with anyone you wished?

Imagine if you were nurtured, supported, and cheered on by the adults in your childhood? It is time to do this for ourselves!

These affirmations are powerful, and even more powerful when spoken out loud. When repeated daily for at least 30 days, they will give your inner child the strength it needs to rebuild/repair/let go of the past.

- **My mistakes do not define me.**
- **I choose to forgive myself and others because I deserve peace.**
- **Keeping toxic people in my life is my decision**
- **My anger is understandable but does not serve me.**
- **My opinion of myself is the only one that truly matters.**
- **I am shining love and light on my shadow.**
- **I deserve to be loved, respected, and cared for.**
- **I am capable of healing. I am supported. I am understood. I am nurtured.**
- **I am learning to love all parts of myself, including my shadow.**
- **I am committed to loving myself and my life fully.**
- **I am allowed to have boundaries and say no without guilt.**
- **My inner child can feel safe because I am here.**
- **It's not my fault. It's not my fault. It's NOT my fault. I was just a child.**
- **I love the person I am becoming.**
- **What other people think of me is none of my business.**
- **I accept responsibility for my mistakes and vow to learn from them.**
- **I deserve happy, healthy relationships, but give to myself first!**
- **I don't need praise or approval from other people, just myself.**
- **What I say matters because I matter.**
- **I can't change my past, but I can keep it from hurting my future.**

Inner Child Affirmations Continued...

- I choose to be happy everyday. I choose to let go of past guilt, shame, and fear that was never mine to begin with.
- What happened to me as a kid was not my fault, but it is my responsibility to heal from it as an adult.
- They hurt me a lot, but they were doing the best they could at the time
- I forgive my younger self.
- It is safe for me to reparent myself.
- I am worthy of love.
- I am protected now.
- I am safe now.
- It is safe for me to laugh and play.
- My inner child is happy.
- I release all the pain I have been carrying for years.
- I am lovable.
- I accept myself unconditionally.
- I choose to stop apologizing for who I am.
- It is safe for me to seek professional help.
- The people who love me will stay.
- I am the one who saves myself. I am my own hero.
- I am stronger than I think.
- I am braver than I give myself credit for.
- My inner child is thriving.
- I am allowed to make mistakes.
- It is safe for me to heal.
- It is safe for me to set healthy boundaries with parents/guardians/adults who hurt me in the past.
- I will no longer beg for the bare minimum from anyone. If they can't treat me right, they can go.
- I am super proud of all I've accomplished! Even if it was at a slower pace than I would've liked.
- I am capable.
- I am powerful.
- I am meant to be here.
- I have valuable things to say.
- I am commanding.
- I am kind.
- I am loving.
- I am respected.
- I AM STRONG!
- My past challenges have lead me to extreme growth in the present!
- I am grateful for the challenges that have helped me learn and grow.
- I AM proud of myself to have the strength to take the rocky road!

Self Care Exercises

Shadow work can be difficult, painful, and bring up long buried emotions that we've shoved down or repressed.

Simply crying out the pain can make your body feel like it's been hit by a truck! Self-care is soooo important during this time!

Take time for you to process and work through your emotions and pain from the past, but don't forget to take care of your physical body while doing so.

Get lots of rest, exercise, and water!

Here are some more self-care ideas/exercises that will be crucial to your shadow work illumination and integration success:

- **Meditate**
- **Take a walk**
- **Pilates**
- **Clean your space**
- **Read a book**
- **Journal**
- **Watch funny videos**
- **Meal prep**
- **Skin care routine**
- **Manicure/pedicure**
- **No electronics hour**
- **Try a new recipe**
- **Drink tea**
- **Watch your favorite show**
- **Create art**
- **Take a hot bath or shower**
- **Listen to a podcast**
- **Learn a new language**
- **Have a movie night**
- **Bake your favorite treat**
- **Eat a healthy meal**
- **Go to a cafe**
- **Have a solo dance party**
- **Call a friend**
- **Stretch**
- **Drink enough water**
- **Light a candle**
- **Cry! Let out your emotions**
- **Go to a break room**
- **Cuddle a person (or pet!)**
- **Hang out with a friend**
- **Buy yourself flowers**
- **Have a lazy pajamas day**
- **Organize your closet**
- **Get enough sleep**
- **Avoid toxic people**
- **Be easy on yourself**
- **Say no more (without guilt!)**
- **Try a new activity**
- **Make a vision board**
- **Practice deep breathing**
- **Write a gratitude list**
- **Sleep in**
- **Get your hair done**
- **Go on a bike ride**
- **Delete social media**

Pros & Cons List

Sometimes, when a past relationship, trauma, or event is difficult to get over – It can be helpful to work through it by making a pros/cons list.

Past traumatic events and relationships often cause us to relive the event over and over in our minds. We wonder what we could've done differently or imagine fighting our ex-partner while making better points. LOL!

Since emotions can only be felt in the present, reliving past painful events cause us to feel sad, angry, or victimized in the present – Which only increases anxiety and depression.

When making your pros & cons list, it is helpful to list exactly what the past painful event taught you. This will help you to realize how much stronger you are for living through the event and may help you view the pain or trauma with a new perspective of appreciation for what you learned.

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Pros & Cons Lists

My Past Painful Event:

Pros	Cons

Final Shadow Work Thoughts...

After working with my shadow side for about a decade, I have become a more balanced, aware, loving individual.

But, I don't think there is ever a "done" when it comes to shadow work. New fears will inevitably "pop up" in dreams, meditation, or waking life.

Or, you may think that you looked at, forgave, loved, and therefore integrated parts of your shadow, and suddenly it will be slammed into your face to be looked at, and forgiven yet again.

But, now that you know how to do shadow work, you can turn to these exercises again and again... Dealing with each shadow as it comes up, instead of repressing or stuffing them.

However you choose to do shadow work, know that this journal is for you. Simply meaning, you don't have to go at anyone else's pace, or show anyone your shadow or shadow work.

The process to self-discovery and learning to love and accept all the parts of you can be scary, draining, and overwhelming.

But, it can also be beautiful, amazing, and very freeing! I truly hope that this journal and workbook brought you to a better place!

A place where peace, love, acceptance, and balance is found within yourself, and will therefore be easy to give to others in return – *Spreading more joy!*

As always, choose to spread love, light, and kindness – Because it ALWAYS comes back!

Many blessings to you and yours! It is now time to hide from your shadows no more and step into the light where you've ALWAYS belonged!

Jamie