



05



# WEEK 5 - DEEP WORK JOURNALING



01



# SHADOW WORK JOURNALING



PREVIEW



## IN THIS LESSON, YOU'LL DISCOVER:

- ▷ What shadow work is.
- ▷ How shadow work journaling can help us integrate and accept our whole selves.
- ▷ How it helps us gain awareness of self-sabotaging patterns.
- ▷ How it transforms our relationships.





*Our shadow are the qualities about ourselves that we repressed because someone, or something, made us feel that they weren't desirable qualities to have.*





*This repression creates patterns  
we repeat in our lives that sabotage  
our success and wellbeing.*



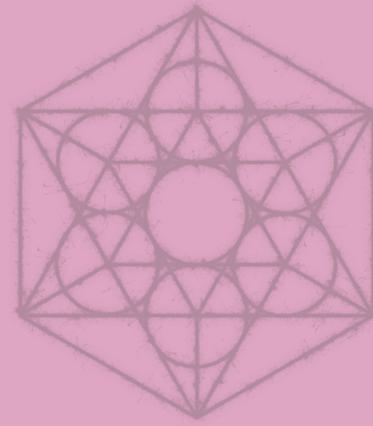
Everyone has a shadow side.  
We don't want to get rid of it, we  
want to integrate it and be  
whole.



# SHADOW WORK JOURNALING HELPS YOU

- ▷ Release attachment to a particular way of being.
- ▷ Stop suppressing emotions we think are “wrong”.
- ▷ Have the awareness to respond, rather than react, to life and the people around us.
- ▷ Understand our triggers and stop projecting our triggers onto others.





“Everything that irritates us about others can lead us to an understanding of ourselves.”

CARL JUNG



- ▷ Bring awareness to your triggers.
- ▷ Pay attention to conflicts and strong reactions.
- ▷ Journal on what it's trying to tell you about yourself.
- ▷ Journal on how you identify yourself. What's it repressing?
- ▷ Stop projecting onto others.



# FACT:

The easiest way to change  
your external environment is  
by changing your internal one.



*be gentle with  
yourself*



- ▷ Pay attention to your emotional reactions.
- ▷ Look and what triggered you and why.
- ▷ Journal on how you identify yourself. What is it repressing?
- ▷ What parts of your childhood self have you buried?





*awareness equals*  
*power*



Explore the Gene Keys and  
contemplate the Shadow  
frequencies in your profile.



JOURNAL!



## JOURNAL PROMPTS

- ▲ What qualities irritate you most about others?
- ▲ Do you see any of these characteristics in yourself if you're really honest with yourself?



JOURNAL!



## JOURNAL PROMPTS

- ▲ Which emotions do you tend to deal with in unhelpful/destructive ways?
- ▲ How do you usually deal with these troublesome emotions?
- ▲ How might your life be improved if you dealt with them differently?



JOURNAL!



## JOURNAL PROMPTS

- ▲ What emotion do you try to avoid (sadness, jealousy, anger...)
- ▲ Why are you afraid of letting yourself feel that way?



JOURNAL!



## JOURNAL PROMPTS

- ▲ Is there a current conflict in your life, or a place where you are feeling defensive and your guard is up?
- ▲ Can you see where this might be stemming from one of your own shadows?



JOURNAL!



## JOURNAL PROMPTS

- ▲ Write about the last time you tried to manipulate a situation to your advantage and examine how you feel about that in hindsight.



JOURNAL!



## JOURNAL PROMPTS

- ▲ When was the last time you witnessed distinctly self-destructive behaviour, either in yourself or in someone else? Describe it, and the emotions you had at the time.





**YOU DID IT!**

What is your biggest takeaway from this lesson?



PREVIEW



## IN THE NEXT LESSON, YOU'LL LEARN:

- ▷ Self-Love Journaling
- ▷ Why self-love is so important.
- ▷ Ways to boost your self love.

