



SHADOW WORK JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



SHADOW WORK JOURNALING

▷ What You'll Discover

- What shadow work is.
- How shadow work journaling can help us integrate and accept our whole selves.
- How to gain an awareness of our self-sabotaging patterns.
- How it can transform our relationship with ourselves and with others.
- How changing our internal environment affects our external environment.

▷ What is Shadow Work Journaling?

Well first of all we need to understand what our shadow is. Our shadows aren't our flaws and mistakes. They aren't the "bad" things we've done or do. They aren't our "evil" side. Our shadows are basically everything about ourselves that we can't see. They are the qualities about ourselves that we repressed because someone, or something, made us feel that they weren't desirable qualities to have. They could very well be qualities someone else would admire or consider positive. When we create our self-image in our minds we don't want to identify these parts of ourselves as being us. They don't fit into the image of ourselves that we want to put out in the world. Our shadows are the disassociated parts of our whole self.

The repression of these qualities creates the patterns we repeat in our lives that sabotage our success and wellbeing. They are the energy we operate out of that negatively impacts our success and relationships.



Everyone has a shadow side. Shadow work is a powerful process that is not about banishing our shadows and trying to become “perfect”. Shadow work is done to gain awareness of our shadows. To integrate them. To work with them and through them and awaken our true authenticity, creativity, and energy. Our wholeness. It can be difficult but the rewards are immense.

▷ Benefits of Shadow Work Journaling

Through shadow work we want to open our eyes to our shadows and stop trying to push them down and hide behind them. We want to release attachment to being any particular way and instead be willing to embrace the experience of all ways of being. We all experience negative emotions like rage, greed, envy, jealousy, selfishness, lust, meanness, boredom, confusion, self-obsession etc. Our shadows are the parts of ourselves we’ve repressed and disowned as we’ve grown up because we felt they were “wrong”. But the thing, is regardless of this suppression, they’re still there. We end up acting them out in ways in our life that we aren’t conscious of because of how we’ve repressed them. We act out of our shadow side in life all the time without realizing it. Doing shadow work allows us to understand and embrace our shadows. To gain a new awareness of how and why we are reacting to life in the way we are rather than responding to it. We begin to transform how we respond to life and also to others.

Shadow work helps us understand our triggers. When we aren’t aware of our shadows we often see them projected onto others. That’s why you hear so much talk about triggers these days. About becoming aware of how certain people and behaviors trigger us. That’s because the shadow sides of ourselves that we aren’t willing to see are often projected onto how we react to others. If you find yourself infuriated when someone is rude or dismissive too you it’s probably because you haven’t acknowledged that behavior in yourself. I mean of course you are going to be upset by someone being dismissive to you but it wouldn’t infuriate you and cause the level of reaction in you it does if it weren’t a shadow triggering you. Make sense?

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

▷ How to Do Shadow Work Journaling



Becoming aware of your shadows can hugely transform your life. Creating this awareness is the result of journaling on our shadows and our triggers. So much conflict in our lives with others is merely conflict with ourselves being acted out in our relationships. Think about it. There are things that some people do that drive you completely crazy that other people may barely notice. There may be things you see driving other people nuts that you barely notice. Why is that? Well it's because how you react depends on your own shadows and your integration of them. As you work on your shadows you will begin to notice that things that used to bother you are no longer so irritating or hurtful. You'll also notice that they almost seem to stop happening. As you change your energy you will no longer be projecting the same energy back to you. As you bring these different traits, or shadows, that you've been projecting onto others out of the darkness of your subconscious and into the light it removes the Ego's need to project it onto anyone else. You'll find more peace.

It's so important to always remember that the easiest way to change our external environment is by changing our internal one. It may be hard to believe that changing yourself can change others, rather than thinking that it is them that needs to change, but you will be shocked at the truth behind this.

It takes courage to be honest with yourself, so be gentle on yourself. Go slow when dealing with shadow work. The best way to begin shadow work is to just begin being conscious of your emotional reactions to others. This is a great thing to journal on. If you are reacting to someone's behavior with more than an eye roll or a shrug then take a look at what's behind your strong reactions to others. Reflect on what about their behavior triggered you. Why? Can you see how you may exhibit this same behavior to other people in your life? You can do this whenever a trait about someone bothers you. Whether that's someone is in real life or in media, on TV, or is a celebrity.

You can also look about things about yourself that you identify yourself as. Things that you're proud of and attached to. If you are constantly telling everyone what an honest and trustworthy person you are that means you're probably repressing some sort of dishonest part of yourself. We overcompensate our shadows. Take a look at where and how that may be playing out in your life in some area. Become aware of it. Accept it. None of us are perfect in any area of our life, let alone all of them.

Shadow work is also phenomenal at nipping self-sabotage in the bud. You see, awareness is the key to change. Once you are aware of something it makes it pretty hard to continue doing it. You begin to see yourself getting wrapped up in your own patterns. You can start to laugh at it. Shift out of it. It's a beautiful, and amusing, process.



When you were growing up, what parts of yourself did you repress to identify as a “good girl”? What parts of your authentic-self did you feel the need to bury in order to fulfil this role? A loud and boisterous personality? A silly side? An emotional side?

A system that has really helped me work with my shadows in a new way is the Gene Keys. If you haven't heard me talking about them before please reach out if you would like more info. You can get your free Gene Keys Hologenic Profile online. Contemplate the shadow frequencies that appear on your profile and how they might be showing up for you. The best way to do this is if you actually have the Gene Keys book and you read the information on each key which will go deeper into the shadow energy of that key as well as how some of them have both a reactive and repressed state that you may be acting out of. Here are some Shadow Work journal prompts you can explore.

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?
- 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?
- What emotion do you try to avoid (sadness, jealousy, anger...) why are you afraid of letting yourself feel that way?
- 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?
- Write about the last time you tried to manipulate a situation to your advantage and examine how you feel about that in hindsight.
- 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.



