

SHADOW WORK

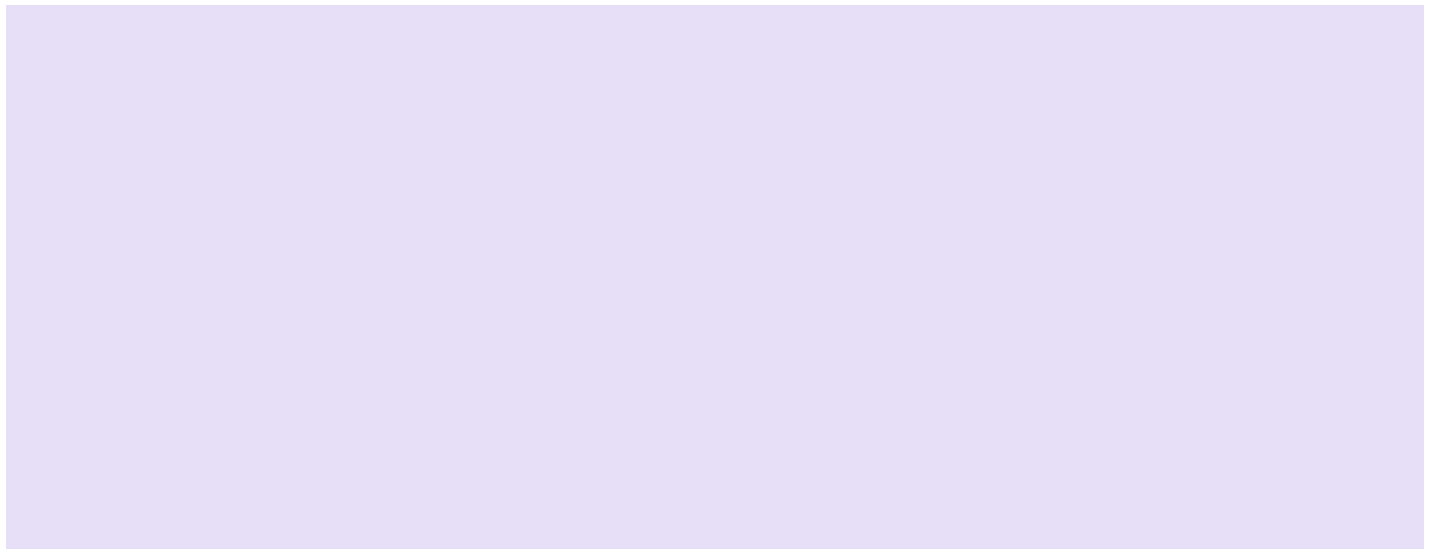
Playbook

EMBRACE NEGATIVE THOUGHTS

*Revisit the blog article [here](#).

Psychologist Carl Jung called our “negative” thoughts and traits our personal shadow. Believe it or not, embracing our shadow helps us heal past hurts, mend relationships and make peace with ourselves.

What are some negative thoughts that you fear, repress, believe, ignore, react to or avoid?



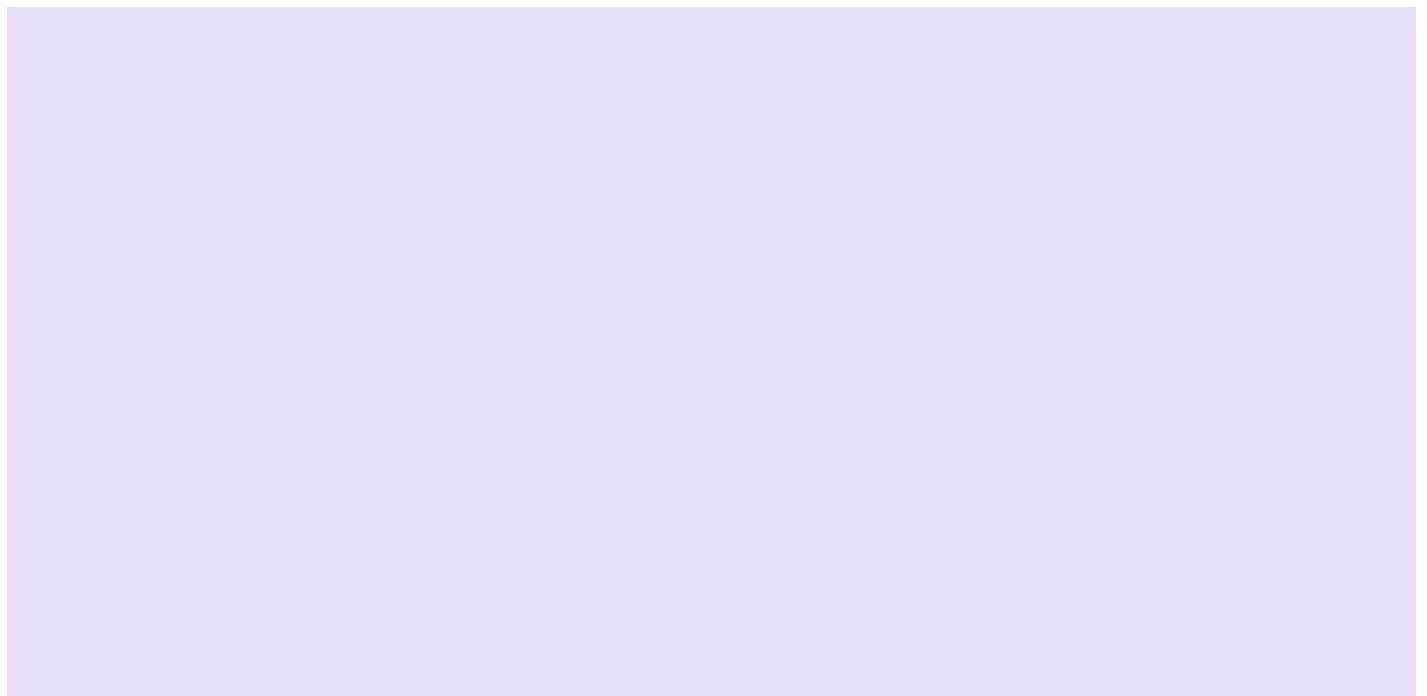
OBSERVE RECURRING THEMES

You might have a recurring theme of fear of abandonment, disappointments, regrets, disrespect or betrayal. That’s a sign that you have some shadow work to do.

*Revisit the blog article [here](#).

Ask yourself, "What did I make that event mean about me?" Once we pinpoint our unhelpful attitude, we can heal and move on.

Which recurring themes circle in your mind or frequently show up?



CONTEMPLATE ANNOYING PEOPLE

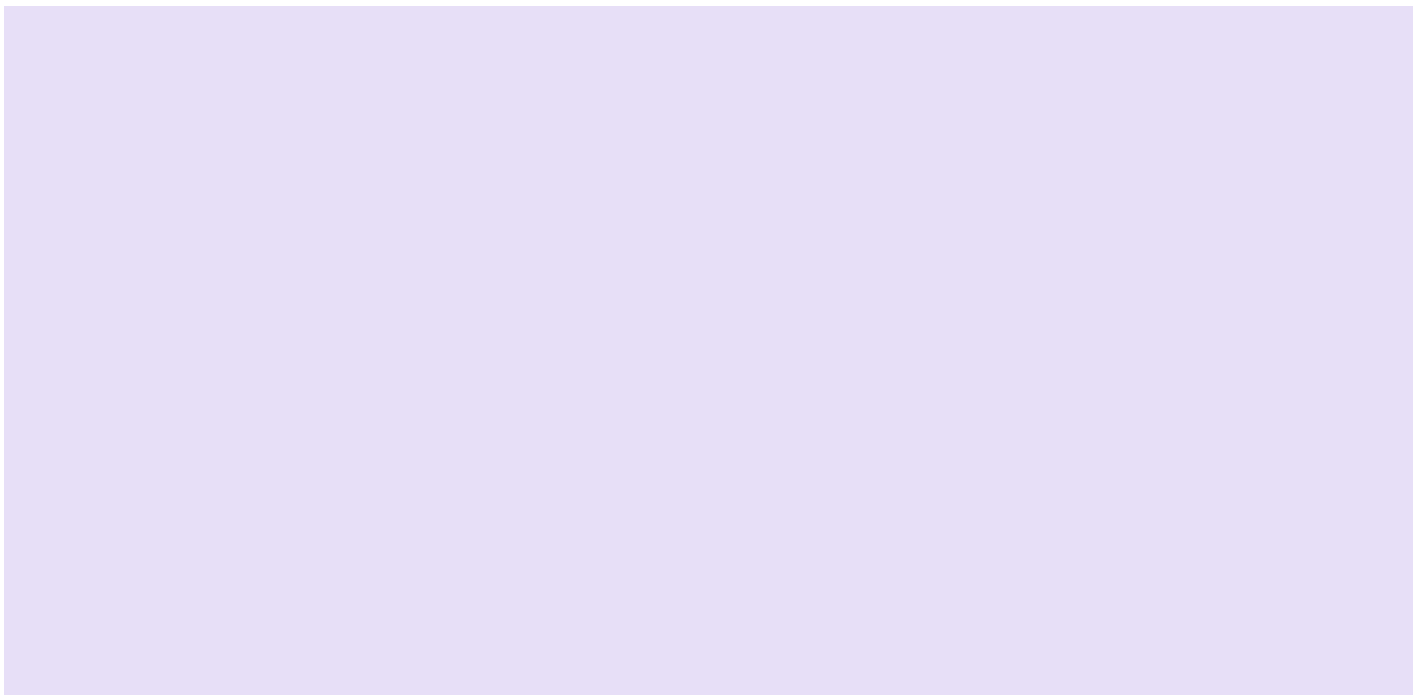
Which people annoy you the most? What about them irritates you? Those are most likely disowned parts of yourself.

If ignored or denied, they could run your life. Reflect on how you may have

*Revisit the blog article [here](#).

these traits, too. Or perhaps you fear people with these traits. But avoid judging yourself. Be gentle—it takes time and courage to integrate your shadow.

Which traits do you dislike in other people?



FIND THE GIFT OF HARDSHIPS

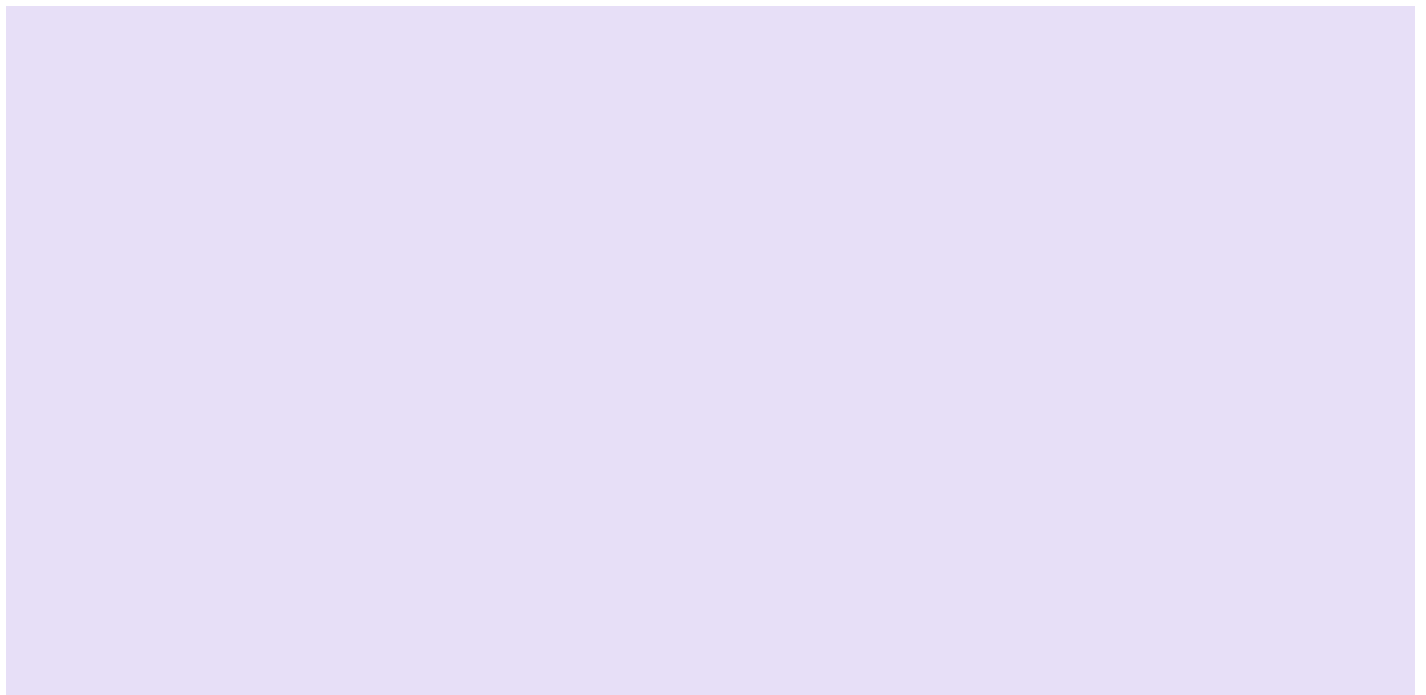
Uncovering the gifts—or the positive insight, skills and abilities—that your painful past gave you is key to moving on and integrating your shadow.

If your parents put you down, your blessing might be the ability to

*Revisit the blog article [here](#).

empathize with others. The "gift" of a financial loss could be your newfound resiliency and resourcefulness.

What are the "gifts" of your hardship(s)?



SHADOW WORK BRINGS PEACE

When we embrace our shadow, we feel whole and joyful. We gain energy to bless our dreams and loved ones. That's freedom, the most splendid gift of all.

P.S. Need more help making peace with yourself? Check out my [coaching services here](#).