

THE GENTLE ART OF SHADOW WORK



Date: _____

Day: _____

Month: _____

What is Shadow Work?

"Shadow work is a healing practice of exploring the parts of yourself you've hidden or denied; gently and without judgment. It's not about fixing; it's about meeting yourself with love."

Why it matters:

- *Healing really begins when we stop running from ourselves.*
- *By shining light on hidden parts, we reclaim wholeness.*
- *You are safe. There's no rush, only acceptance.*

IMAGINE

Imagine your shadow as a child who once learned that hiding meant safety. You aren't here to scold but to listen and soothe.



REFLECTION PROMPTS

Choose a reflection to focus on today:

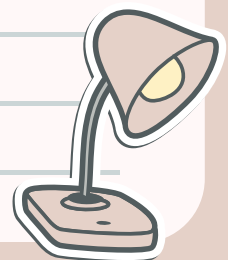
- When was the first time I felt like I had to hide a part of myself to be accepted?
(What part did I hide? Why did I think it wasn't welcome?)

- When someone triggers me, what part of me do I think they're threatening?
(Is it my worth? My safety? My belonging?)

- What compliments am I uncomfortable receiving?
(Why do those words make me uneasy? What do I believe instead?)

- What memory still makes me feel shame or small when I think about it?
(Can I sit with that version of me and offer them compassion, not correction?)

- What part of me do I only allow to come out in private?
(What does that part of me need to feel safe in the world?)



AFFIRMATION



"I am safe to meet myself fully. Even my hidden parts deserve love."

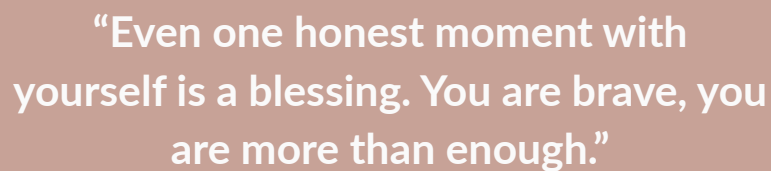
Ground – Pause. Feel your feet.
Breathe and connect to yourself.



Reflect – Choose a prompt to work with. Write for as long as you like.



Soothe – Write a response from the heart. Be gentle with yourself.

[illegible]

NOTES