

SHADOW



WORK

FOR MY FRIENDS



WHAT DO I WANT TO GET OUT OF SHADOW WORK?

WHAT PATTERN OF REACTIONS OR INTERACTIONS DO I FIND TRIGGERING FROM MY PARENTS?

WHAT REACTIONS DO THEY CREATE IN ME? HOW CAN I REACT DIFFERENTLY IN THE FUTURE?

CAN I THINK OF A TIME I FELT BETRAYED, WHAT WOULD I SAY TO THEM NOW? WHAT WOULD I WANT TO HEAR THEM SAY?

HOW ARE THESE EARLY CHALLENGES HELPING ME GROW WITHIN MYSELF?

WHAT KINDS OF SITUATIONS MAKE ME STRESSED OR ANXIOUS? HOW DO I HANDLE THESE EMOTIONS?

WHAT KINDS OF SITUATIONS MAKE ME FEEL ANGRY? HOW DO I HANDLE THESE EMOTIONS?

WHAT KINDS OF SITUATIONS MAKE ME FEEL DEPRESSED OR MISUNDERSTOOD? HOW DO I HANDLE THESE EMOTIONS?

IS THERE A PATTERN IN HOW I MANAGE NEGATIVE EMOTIONS? IF SO, WHAT IS IT?

IS IT HELPFUL? IF NOT, HOW CAN I REWIRE MY REACTIONS TO BECOME HELPFUL?

WHAT QUALITIES DO I VALUE MOST IN THIS WORLD? DO I HAVE THESE QUALITIES?

DO THE PEOPLE IN MY LIFE HAVE THESE QUALITIES? IF NOT, HOW CAN I CHANGE THIS?

WHAT ARE THE PARTS OF MYSELF THAT I TRY TO HIDE FROM OTHERS AND WHY?

WHAT ARE THE PARTS OF ME THAT I TRY TO HIDE FROM MYSELF AND WHY?

WHAT EMOTIONS DO I FIND MOST CHALLENGING AND WHY?

WHAT WAS A PROBLEM I FACED IN CHILDHOOD, AND HOW DOES IT AFFECT ME TODAY?

WHAT HAVE I NOT FORGIVEN MYSELF FOR?

WHAT HAVE I NOT FORGIVEN SOMEONE ELSE FOR?

WHICH EMOTION DO I AVOID THE MOST?