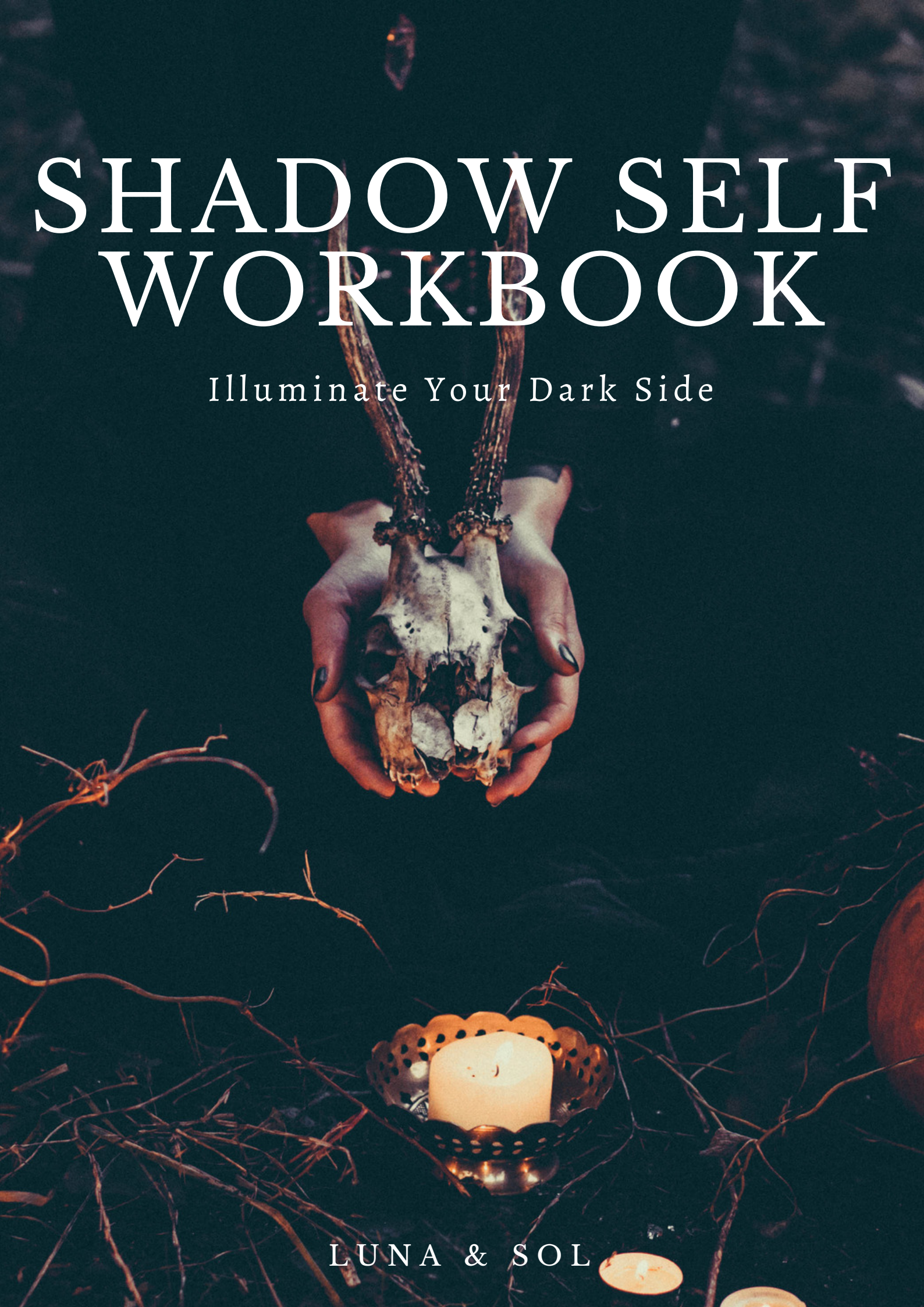
SHADOW SELF WORKBOOK

Illuminate Your Dark Side



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Introduction

As spiritual beings having a human experience we have developed two faces.

The first face we show to the world – this facade is called the ego. The second face we keep private – it is called the shadow. In fact, our shadow selves are so private that usually we are not even *aware* of their existence. We only glimpse them during fits of rage, nightmares, pettiness, revenge, paranoid thoughts, drug and sex binges, and anything that verges on the edge of "insane" behavior.

There is a good reason why our shadows remain anonymous and locked away within the dark depths of our minds. Our shadows contain everything that is considered ugly, "bad," shameful, weird, taboo or socially unacceptable. Our shadows contain the parts of us that have been shunned, denied, rejected or otherwise negatively condemned by our parents, family members, and societies growing up. In order to be loved and accepted, we learned as children to hide away those parts of ourselves that were not met with praise and approval, and adopt only those traits and behaviors that were met with open arms. Cutting off and burying certain parts of ourselves was a necessary part of our survival.

But there is one very significant downside to repressing parts of ourselves: they begin to fester and amplify, sabotaging our lives. Like hungry monsters clawing to get out of a dark basement, our shadows *want* to be brought into the light of consciousness. The longer we put off facing our shadows, the more they stealthily control and manipulate our lives. Like puppets on strings, we become vulnerable to the control of our shadows in moments of anger, stress, temptation or tiredness. Instead of learning to meet, acknowledge, and befriend our shadows, they become our mortal enemies. If you have ever felt at war with yourself or like you are your own *worst enemy*, it is because your shadows are controlling you, not the other way around.

This Shadow Self Workbook has been created for the purposes of helping you to bring an illuminating torch into the mysterious and dark regions of your unconscious mind.

In this workbook, you will find a series of simple but powerful questions and exercises which will help to shine a light on the shadowy areas of your life that you might be unaware of.

As shadow work should always be preceded by and/or incorporated with self-love, you will find some self-love activities within this workbook as well. *Shadow work is an extremely deep form of inner work and should not be taken lightly*. If you struggle with low self-esteem, I encourage you to focus on the self-love aspects of this workbook instead. If at any time you feel intensely uncomfortable or disturbed by any shadow work activities within this workbook, please stop immediately and practice self-love. Without self-love, shadow work can easily make you feel a million times worse about yourself. And we don't want that! So always strive to incorporate self-care and nurturing self-compassion into any shadow work activity that you do.

Finally, I encourage you to print out this workbook or copy the activities into your own journal if that suits you better. You're welcome to print out this workbook as many times as you want or need throughout the course of your journey of self-growth and spiritual development. Doing so will help you to reflect on your shadow work progress and note new interesting discoveries. Ensure that you save this file somewhere on your phone, tablet or desktop for future reference. Also, **ensure this workbook remains private**, meaning that you might wish to keep it away from prying eyes.

You are about to undertake something that requires deep courage and commitment. Exploring your demons with a kind and open heart is no small feat! Dedicating time to this practice is a form of self-love. Doing shadow work is a sacred gift that you are giving to yourself and everyone around you. When you learn to accept all parts of you, you are sending out ripples of change into the world. You might not immediately see it, but keeping a shadow self workbook creates a butterfly effect on this planet that impacts countless of other people through your actions. Be proud of yourself for choosing to walk this path! You deserve it.

Our hope is that this workbook facilitates deep insight.
May you illuminate the dark side of your psyche.

With love,

Luna & Sol

Exercise 1 - Playing Small

In what areas of life are you holding back and playing small? (Think about the times you feel weak, small or disempowered.) Write them below and next to each explore why.

Exercise 2 - Self-Judgment

In what ways do you feel judged by others? Write them below. Explore how many of these judgments might actually originate within *you* first (and are displaced onto others).

Exercise 3 - Negatives and Positives

What negatives or positives do others point out about you that you have trouble accepting?

One does not become enlightened by imagining figures of light, but by making the darkness conscious.

– Carl Jung

Exercise 4 - Emotional Suppression

What emotions do you rarely express around others – and when did you *first start* hiding these emotions from others? (Emotional suppression and repression often point to areas of shame buried within you.)

Exercise 5 - Self-Love Letter

Reflect on a period of life where you were at your worst (i.e. most self-destructive, argumentative, etc.). Write a short, but heartfelt letter of understanding, acceptance, and compassion for that version of you. You can return to this letter later whenever you feel rotten about yourself.

Exercise 6 - Hot Buttons

What are your “hot buttons” or triggers that cause you to get angry or defensive in the presence of others?

Exercise 7 - Family Members

What qualities in your family members do you most dislike or have trouble dealing with? What might these qualities in your loved ones secretly reveal about you?

Everything we shut our eyes to, everything we run away from, everything we deny, denigrate, or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy, and strength, if faced with an open mind.

– Henry Miller

Exercise 8 - Tolerance of Beliefs

In which areas of life do you tend to expect others to conform to *your* beliefs? (Also, what scares you the most about allowing others to have their own beliefs in that area?)

Exercise 9 - Self-Criticism

When are you the most critical of yourself? Explore what your self-talk sounds like below.

Exercise 10 - Self-Love and Gratitude

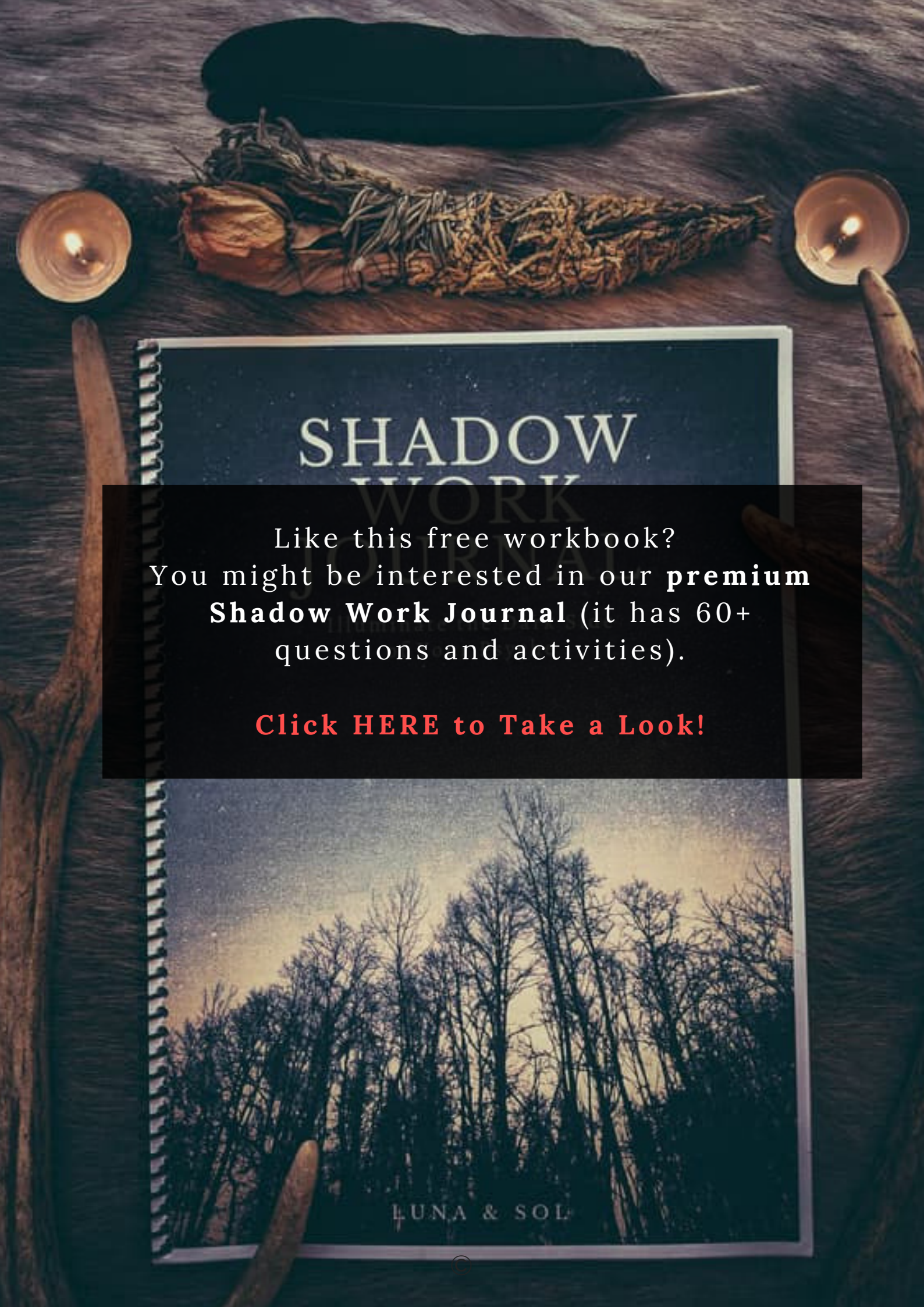
Describe five things you love about yourself and feel gratitude about. (Gratitude has been scientifically proven to enhance your happiness and wellbeing – these are important qualities to carry into shadow work.)

When shadow-work is neglected, the soul feels dry, brittle, like an empty vessel. Then, people suffer depression rather than embark on a fruitful descent. When shadow-work is denied, the soul feels banished, exiled from its habitats in the wilds of nature ... But when shadow-work is attended to, the soul feels round, full, sated. When shadow-work is invited into a life, the soul feels welcomed, alive in the gardens, aroused in passion, awake in sacred things.

– C. Zweig & S. Wolf

Other Thoughts & Reflections

Use this space to record any spontaneous insights or discoveries you've had about your shadow self while working through this workbook.



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