

## Shadow Worksheet

*\*\*\* This worksheet may be difficult to work through, if you get stuck, that is fine. Allow yourself to let it be and revisit when you feel ready. Take care of yourself. You may also need additional paper for this exercise, feel free to use your journal \*\*\**

**Notice / Engage the story** ~ Identify a situation or conflict that is currently happening in your life. What is the story you tell yourself or others about this situation?

**Notice your judgements of the person or situation** ~ let the raw story come out, no need to edit or filter.

**Notice your feelings / body** ~ name the feelings associated with this person or situation. Identify where in your body, you are feeling and describe that feeling. Ex. Tightness in my throat. (you may want to reference the feelings sheet from Part 2)



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**Origins / acknowledge the past** ~ where or when in your life have you felt this way before? What is the core story at play? Drill down to the core story / what's underneath. Ex. This situation makes me feel like nobody is there for me. (this is the source of the projection)

**Own the reflections** ~ where in your life are you or have you been this way? or Where in your life have you experienced similar situations? (this is the opportunity to take responsibility)

**Withdraw the projections** ~ Ex. I withdraw this projection from my co-worker \_\_\_\_\_ and thank them for being a mirror for this shadow. (You may notice resistance at this step. If that is the case you may want to step away and give it some time and then revisit the entire worksheet)



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**What is the gift of this shadow?** ~ Finish this sentence. By embracing this shadow, I can now give myself permission to be..... the cost of not allowing myself to be \_\_\_\_\_ has been.....

