

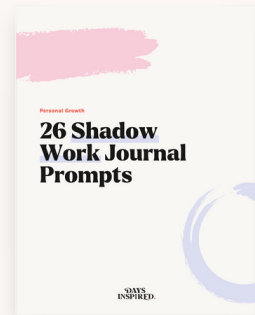


Personal Growth

26 Shadow Work Journal Prompts



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PASSWORD

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- **What personality traits in others do you consider pet peeves?**
- **When was a time in your life you opened up to someone and felt rejected?**
- **What was a time I felt unexpectedly triggered by another actions?**
- **What was I like as a child?**
- **What trait in others do you wish you had?**
- **What are your parent's values? How do your own values differ?**
- **What aspects of your self do you wish to improve?**
- **What negative emotions do you avoid? Why?**
- **What would happen if you let yourself feel these negative emotions?**
- **Have you ever felt embarrassed of who you are? What made you feel that way?**
- **What traits do your parents have that you hope you don't?**
- **What traits do you have that are similar to your parents?**
- **What about yourself don't you like? Why not?**
- **When is the last time you forgave yourself?**
- **What's the worst way someone could describe you (what hurts the most)**

- Write a letter to your past self.
- When's the last time you were upset at someone close to you's actions? Why did you get upset? Was your reaction warranted?
- What image of yourself are you trying to project to others?
- How do you extend compassion to and forgive others? What would it look like to extend the same compassion to yourself?
- How could you be more patient with yourself?
- What's one thing you're afraid of doing? Why?
- When is a time you felt rejected? What other feelings arose?
- What is a positive outcome of a negative emotion you've experienced?
- After you've identified your shadow traits. Choose a trait, and write a letter to yourself accepting that trait.
- Write a self acceptance affirmation.
- Think of a positive trait you have. What is the opposite of that trait? How might you be repressing it in your life?

