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?

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