



# Explore your Childhood

To understand how your childhood shaped you, write down the answers to these questions on a piece of paper.

- What were the general emotional states in my home?
- Was my childhood environment hostile or loving?  
And how is that impacting me right now?
- Who was there when I needed it the most?
- What was the relationship like between my parents?
- How did my mother treat me (physically and emotionally)?
- How did my father treat me (physically and emotionally)?
- Did I have financial resources in my home to grow and develop? And how is that impacting me right now?
- Did I have emotional resources in my home to grow and develop? And how is that impacting me right now?
- What punishments did my parents or caregivers enact? Were there any emotions I was punished for having? And how is that impacting me right now?
- How did my parents or caregivers react when I expressed my emotions? Was I allowed to express myself in a safe space? Were my feelings respected or rejected? And how is that impacting me right now?

With any Shadow Work method, it is crucial to be as honest as possible. Without honesty, you are not taking a true look inside and what work you do will not be as impactful or have as much strength.

# Shadow Work

Date: \_\_\_\_\_

Lunar phase:  \_\_\_\_\_

Write down negative, vicious, cruel, and undesirable thoughts and emotions that you often experience:

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When do these thoughts happen? Who is around you?

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Why do they spring forth in your consciousness?

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