

Date: _____ Lunar phase: _____

Journal prompts for Shadow Work

1. How do you unintentionally allow others to invade your personal boundaries?
2. When you think about the word "family," what feelings, emotions, memories, and thoughts arise?
3. How does your concept of family impact who you are today?
4. Do you trust yourself? Why or why not?
5. Do you trust others? Why or why not?
6. What makes you feel ashamed of yourself? Why?
7. If you have a gentle personality, what scares you about anger? If you have a more aggressive personality, what scares you about becoming gentle?
8. Imagine holding a ball of fire in your hand. If you could set something (or someone) on fire without fear of consequence, who or what would it be? And why?
9. What makes you feel empty?
10. What makes you feel unworthy?
11. In the deepest part of you, do you feel worthy of true love? Why or why not?
12. What were you taught about giving and receiving love as a child?
13. What quality within you do you have the most trouble accepting?
14. In relationships with others, what is your biggest flaw?
15. What is the biggest lie you've ever told?
16. If you write in the voice of your inner critic right now, what would it say to you?
17. Were you listened to as a child?

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18. What is your biggest criticism of other people? Is this a form of projection?
19. When was the last time you realized you believed something false? What was that experience like for you?
20. What might you be in denial about right now?
21. In what ways do you mistrust your intuition?
22. In what areas of life do you struggle to think for yourself?
23. What part of your current belief system are you having a hard time believing or trusting?
24. What negative family patterns might you be repeating?
25. What parts of yourself do you hide away from other people? Why?
26. What do you fear would happen if others saw the very worst of you?
27. How do you avoid feeling your feelings?
28. What would happen if you did feel your feelings deeply?