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# SHADOW WORK

WORKSHEET



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# **ABOUT THIS WORKSHEET**

The Shadow Work Worksheet is a practical resource designed to help you uncover and explore the unconscious parts of yourself—your shadow. By reflecting on hidden traits, emotional triggers, and recurring patterns, this worksheet provides a structured way to bring these aspects into your conscious awareness.

Through guided prompts, you'll identify areas of unacknowledged potential, repressed emotions, and unseen behaviors that influence your life. This process fosters deeper self-understanding, helping you integrate these aspects and create a more balanced, authentic sense of self.

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What recent situation triggered a strong emotional reaction in you? Describe what happened and how you felt. Why do you think it impacted you so deeply?

What traits or behaviors in others irritate or frustrate you? Could these be traits you suppress or reject in yourself?

What are you afraid of others discovering about you? Reflect on why you keep this hidden and how it affects your relationships.

What patterns or recurring challenges do you notice in your life? Consider how these might connect to unconscious aspects of your shadow.

What untapped strengths or talents might you be overlooking? Think about compliments or feedback you've dismissed in the past.

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