

Journaling Prompts for Personal Shadow Work

What is a quality or personality trait that you try to avoid?
What is an emotion that you try to avoid?
Why are you afraid to feel it?
What would happen if you did feel it?
What kind of person would that make you?
What would be some of the positive things about being that person?!

What do you think is your worst trait?
Why is this so bad?
What could be a positive aspect of having this trait?

What's a quality or personality trait that you hope people won't find out about you?
What's something that you try to hide about yourself?

When you first meet someone, what's a quality that you try to hold back?
What would they think about you if they found it out?
What are some positive responses they could have to you if they found it out?

Write out a list of negative traits you believe you have, starting: "I am..."

At the end, write: "...and these qualities make me courageous, lovable and completely beautiful, as my imperfect human self. I am unconditionally loved."

