

Shadow Work Journal Prompts for Beginners

List 10 of your best qualities, and why.

List 10 qualities you admire in other people that you'd love to possess.

What is a quality or personality trait that you try to avoid expressing? Why?

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 strategies do you have, to stop people from discovering those parts of you?

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?

Do you ever judge other people? List the kinds of qualities or behaviors you judge them for having. Why?

What qualities and behaviors most upset you in other people? Why?

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."