

Shadow Work Journal Prompts for Self Love

What does self-love mean to me?

Describe a moment in which I denied myself love or acceptance.

What are some negative self-talk patterns that I have? How do they affect my self-love?

How do I react when I receive a compliment? Do I brush it off or do I accept it with gratitude? Why?

What are some of my biggest insecurities? How do they affect my self-love?

How do I treat myself when I make a mistake? Do I beat myself up or do I show myself compassion and forgiveness?

What are some things that I love about myself? Why are these qualities important to me?

What are some things that I don't love about myself? Why do I struggle to accept these qualities?

What are some past experiences that have affected my self-love? How can I heal from these experiences?

What positive affirmations resonate with me? What positive affirmations make me uncomfortable, or don't I believe?