

Shadow Work Journal Prompts for Deep Trauma

What are the specific events or experiences that have caused me deep emotional pain or trauma?

How have these experiences affected my beliefs about myself, others, and the world around me?

Describe some of the ways I've learned to cope with my deepest emotional pain. Are these mechanisms unhealthy or self-destructive?

Describe some of the ways in which my trauma has affected my relationships with others.

What are some of the ways in which my trauma has affected my ability to trust or feel safe in the world?

What are some of the ways my trauma has affected my self-esteem or sense of self-worth?

Pinpoint some of the ways my trauma has created mental health issues. Has my trauma affected my ability to form healthy attachments or connections with others? In what ways?

What are some of the ways in which my trauma has affected my ability to set boundaries or assert myself in relationships?

List some of the ways in which I can begin to heal from my trauma and move forward in a healthy and positive way.