

# Shadow Work Journal Prompts for Deep Healing

What are some past experiences that have caused me pain or trauma? How have these experiences left a lingering impact?

What are some patterns or behaviors that I have that may be a result of my past experiences? How do they affect my current life?

How do I cope with difficult emotions or situations? Are my coping mechanisms healthy or unhealthy?

In what ways do I handle emotional pain? Are my coping mechanisms healthy or unhealthy?

What are some limiting beliefs that I have about myself or the world? How can I challenge and reframe these beliefs to support my healing?

What are some of my triggers, and how do they affect me emotionally and physically? How can I manage my triggers effectively?

What are some relationships in my life that may be hindering my healing process? How can I set boundaries or address these relationships to promote healing?

What are some things that I have been avoiding or suppressing that may be affecting my healing process? How can I address these things in a healthy way?

What are some things that bring me joy or peace? How can I incorporate more of these things into my life to support my healing?

How can I use my past experiences to help others who may be going through similar struggles? What lessons have I learned that I can share with others?