

Shadow Work Journal Prompts for Relationships

What are some patterns or behaviors I have in my relationships, that may be unhealthy or toxic? How do they affect my relationships?

Are there any red flags that I ignored in past relationships? How can I learn from these experiences, to avoid making the same mistakes in the future?

How do I communicate my needs and boundaries with others? Are they being respected? If not, why?

What are some limiting beliefs that I have about relationships or myself that may be affecting my ability to form healthy connections?

What are some ways that I may be seeking validation or approval from others? How can I learn to validate and approve of myself instead?

Thinking about a time I experienced unhealthy or toxic relationship dynamics – how can I recognize these dynamics in the future and avoid them?

What are some ways that I may be projecting my own insecurities or issues onto my partner or others in my relationships? How can I take responsibility for my own issues and work on healing them?

What are some ways that I can cultivate healthy communication and conflict-resolution skills in my relationships?

What are some ways that I can practice self-care and maintain my own sense of identity when relating with others?

What are some ways that I can set healthy boundaries and expectations in my relationships to promote mutual respect and trust?