

Shadow Work Journal Prompts to dive deep into the unconscious

Describe some of the patterns or behaviors that I engage in, without conscious awareness or intention.

What are some of the fears or anxieties that I have that are rooted in my unconscious mind?

What are some of the beliefs or attitudes that I hold, that are totally irrational? Why do I hold them?

Describe a memory of experience from my past that is stored in my unconscious mind, yet still affects me today.

Are there any emotions or feelings that I have, that I can't fully understand or acknowledge?

Are there any desires or impulses that I have, that I can't fully understand?

What are some of the ways in which I avoid facing or acknowledging uncomfortable truths or aspects of myself?

What are some of the ways in which my unconscious mind influences my behaviors, choices, and relationships?

Describe some of the ways (I think) my unconscious mind communicates with me through dreams, symbols, or intuition.

What are some of the ways in which I can become more aware of and integrate my unconscious mind into my conscious awareness and daily life?