



SHADOW WORK

HEART-POWERED LIVING

MY DUNGEON

USE THE PROMPTS BELOW TO CREATE A LIST OF THE CONTENTS OF YOUR DUNGEON. KEEP ALL ANSWERS TO 1-3 WORDS. COME BACK TO THIS PAGE WHENEVER SOMETHING NEW CREEPS UP.

Projections - What traits trigger you in others?

Secrets - What are you hiding? What am I most afraid of that someone else will find out about me? What am I most ashamed of?

Fears - What are you afraid of? (fear of rejection, fear of loss, fear of failure, fear of ridicule) What are they linked to?

I AM...(SHADOW)

Use your findings from "My Dungeon" exercise, convert them into 1-3 word shadow aspect, and transfer to master list below. Imagine someone made a Facebook post about you and shared 5 most hurtful things about you. What words would you dread the most? Use this list of negative words to identify any other words that hold an emotional charge for you.

Angry, spiteful, alcoholic, nasty, weak, dumb, racist, loud, sloppy, lame, smelly, big mouth, fake, rigid, judgy, prudish, slut, victim, late, gossip, cheater, ugly, fat, bitchy, controlling, selfish, hypocrite, liar, cold, inflexible, cruel, dangerous, scary, mean, rude, whiney, resentful, inferior, ruthless, full of shit, tasteless, white trash, sad, depressed, bitter, hormonal, scammer, groupie, elitist, empty, stingy, frugal, insecure, hoarder, failure, nerd, bossy, arrogant, indecisive, untrustworthy, boring, greedy, phony, predator, gambler, anorexic, victimizer, lame, zombie, desperate, pansy, floozy, incompetent, untrustworthy, snob, bitter, shameful, sleazy, perfectionist, controlling, insecure, envious, violent, bigot, impotent, mean, frail, ass-kisser, betrayer, hypocrite, useless, freak, empty.

Stand in front of a mirror with your list. Taking one word at a time to complete the sentence, look into your own eyes, and repeat, "I am...." Continue until you can say it without an emotional charge, move onto the next. If you get stuck and nothing holds a charge, imagine someone you respect the most calling you that word. If it would upset you, write it down. Use it!

MASTER LIST

JUDGMENT JOURNAL

SPEND TODAY OBSERVING JUDGMENTS YOU HAVE FOR OTHERS. RECORD WHO AND WHAT (TRAIT) YOU ARE JUDGING. THEN REFLECT ON WHERE THIS COMES FROM. IF YOU ARE FEELING STUCK WITH FINDING IT IN YOURSELF, USE THESE AS PROMPTS TO BRING OUT THE SHADOW:

When have I been X in the past? Am I hiding anything in the dungeon? How does this trait manifest in me now? Why it is upsetting to me? How does it make me feel? How am I judging the trait itself? What limiting beliefs do I have around this trait?

WHO

TRAIT IN THEM

ME + MY SHADOW

JOURNAL PROMPTS

USE THE PROMPTS BELOW TO BEGIN REFRAMING, RELEASING, AND INTEGRATING SHADOW ASPECTS.
REPEAT EXERCISES/QUESTIONS WITH ALL DISOWNED SHADOW ASPECTS.

What is the origin of a shadow
aspect?

Create a new positive
interpretation.

PASSENGERS ON THE BUS

LISTEN TO THE GUIDED VISUALIZATION EXERCISE. IF YOU CHOOSE NOT TO, FOLLOW THE PROMPTS BELOW INSTEAD.

Take a couple of minutes to breathe and get in a relaxed state. Do whatever is needed. You are going to close your eyes and imagine yourself boarding a bus. The bus is full of passengers that bring negative emotions in you. There are all kinds of people tall, short, well kept, crazy-looking. They are all your sub-personalities. Take in their appearances, smells, demeanors. Pick one at a time. Sit down next to them and ask them to tell you the trait they represent and their name. If you don't hear a name, give them one. Ask them for the gift they have for you. And then, what they need to be whole.

NAME	GIFT	WHAT IT NEEDS TO BECOME WHOLE
e.g. Pushy Penelope	my success/drive	"understand that everyone is doing their best and is on their own journey"

I AM...(THE GOOD)

Make a list of 3 people you admire most. Write down 3 qualities you admire most about them. Reflect on how you may be disconnected from these positive qualities in yourself. Use the list below to circle any traits you cannot embrace about yourself. Combine the lists.

Loved, grateful, creative, pretty, sexy, forgiving, confident, wise, a good friend, a good mom, faithful, fair, patient, nonjudgmental, organized, reasonable, humorous, nurturing, fearless, fun, clean, playful, productive, giving, sensitive, loving, abundant, happy, responsible, whole, accepting, enlightened, strong, empowered, elegant, romantic, centered, timely, optimistic, loyal, easy-going, go with the flow, sexy, worthy, reasonable, knowledgeable, disciplined, warm-hearted, decisive, active, superstar, assertive, bold, generous, innovative, sweet, lovely, beautiful, engaging, free, friendly, balanced, feminine, divine, mature, calm, powerful, mindful, desirable, realized, whole, content, focused, healthy.

Stand in front of a mirror with your list. Taking one word at a time to complete the sentence, look into your own eyes, and repeat, "I am...." Continue until you no longer feel any resistance. If you get stuck on a word, come back to it later. Another helpful exercise is working with a partner. You say, "I am brave." And they repeat, "You are brave" back to you. You keep going until it feels natural to say it.

MASTER LIST

PURGE EMOTIONAL WRITING

We are doing this because the act of writing can help us release the charge that negative energy in our thoughts, beliefs, and feelings holds in our bodies.

Don't stop writing to edit punctuation or try to make your handwriting pretty or legible. At the end of the exercise, you will destroy these pages. This will be the act of releasing.

Directions

1. Find a quiet place where you won't be disturbed. Get a pen and a piece of paper or a notebook. Set your phone timer to 12 minutes.
2. You can use one of these questions to get you started or focus on the negative emotions present in you (maybe it's even resistance to doing this exercise or the course). Don't overthink it, just write. What emotions are you repressing? What negativity comes around this journey towards your values? Any anger/shame/fear/guilt?
3. When you hear the time, stop writing. Take the page and burn it (safely, in a glass or metal bowl or sink). **DON'T READ WHAT YOU WROTE.**

Repeat for 5 days.

EMOTIONAL RELEASE EXERCISE

OUR MINDS CAN RELEASE, BUT THE BODY STILL HOLDS A MEMORY AND A CHARGE. RELEASING THE PHYSICAL CHARGE OF THE EMOTION IS CRUCIAL! LISTEN TO [THE GUIDED EMOTIONAL RELEASE MEDITATION](#) AND COME BACK TO THESE PROMPTS.

What shadow aspect/situation did you chose to work on?

Where did the emotion/sensation show up?

How did it feel to release it?

When you think of it now, do you notice any difference in the charge within your body?

How do you feel about using this technique with other shadow aspects/emotions? If you have trouble making it work on your own, listen to the guided release recording for all other aspects.

LOVE LETTER TO MYSELF

I INVITE YOU TO WRITE USE THE SPACE BELOW TO WRITE A LOVE LETTER TO YOURSELF.

I invite you to use these prompts for inspiration:

How do you see yourself? How do you promise to honor yourself? How do you promise to take care of yourself? How will you listen to your own needs? How will you accept yourself more (what are you accepting)? What promises can you make yourself? What does it mean to love yourself? How do you want yourself to feel from on? What do you want yourself to remember? What hopes do you have for yourself?