

Worksheet for Participants

Reflection Questions: Understanding Your Golden Shadow

1. Qualities You Admire:

- What qualities do you admire in others that you don't believe you possess?
- How do these qualities show up in your interactions and perceptions?

2. Discouraged Talents:

- Recall a time when you were younger when you felt discouraged from showing a particular talent or positive trait. Describe the situation and how it affected you.
- How has this experience impacted your ability to express this part of yourself today?

3. Risks and Fears:

- What are some risks or fears associated with embracing the qualities of your Golden Shadow?
- How do these fears manifest in your life and decisions?
- What steps can you take to confront and overcome these fears?

Suggestions for Embodiment

1. Self-Validation:

- List daily affirmations that acknowledge your strengths and capabilities.
- Write down and celebrate small wins each day.

2. Curiosity and Reflection:

- **Journal your daily experiences.** Here are some suggestions:
 - Focus on moments of admiration or envy.
 - Dedicate time each day to write about your feelings and experiences. Pay attention to moments you felt triggered or overly reactive.

- **Write a letter from your shadow to yourself.** What might it want to tell you? What does it need from you?
- Use images, symbols, or metaphors that resonate with you and explore their meanings in your journal.

3. **Embodied Practices:**

- Engage in movement and sound exercises to connect with your body and release tension.
- Practice relaxation techniques like deep breathing, meditation, and gentle stretching.

Use this worksheet as an interactive tool to have both the theoretical understanding and the practical means to integrate the Golden Shadow into your life.