INTO THE WILD
SHADOW WORK JOURNAL
RECLAIM YOUR WHOLENESS
DOMINICA APPLEGATE
Who looks outside, dreams; who looks inside, awakes. C. Jung
The term projection is used by Jungians to mean that each of us places some quality of our own being onto something or someone else. Aspects of reality of which we are unconscious are projected onto the outer world, where we see them in terms of events and people outside of ourselves. This psychological process works like a projector in a movie theater: we take something that is within the projector and blow it up onto a screen or backdrop, where we see it more clearly. Since this process is unconscious, we often think it belongs to the outer object when, in fact, it belongs to us. It is not only a person’s negative qualities that are projected outward in this way; in equal measure we project our positive qualities, including our gold. Robert A. Johnson
INTRODUCTION

I thought life would go differently than it has. Smoother, with less ripples, you know?

I thought for many years I had it all together, only to find myself facing pretty much all of my demons shadows in my mid-30’s during a traumatic time. Turns out stuffing your feelings since birth doesn’t pan out very well later in life.

My emotional balloon popped and I had no idea how to cope in healthy ways. Thankfully, someone steered me toward the direction of Shadow Work. I put on my work boots and started digging.

We all have a shadow side – parts us that over the years we’ve repressed, hidden away, rejected, or ignored. Parts of us that we don’t want anyone to see. Parts of us that we don’t see.


The reality is that keeping the shadow part of us in the dark doesn’t serve us well. In fact, it can cause plenty of awful, disheartening, repetitive issues throughout life. {Like the same toxic relationship partner after partner after partner.}

The shadow is the ego part of us that isn’t really real. It’s the false personality we’ve created over time. It’s the masks we wear to try to protect ourselves from getting hurt. It’s those false thoughts and beliefs that have become ingrained in our psyche. The anger we didn’t want to feel. The shock from trauma. The pain of neglect. And so on.

It may also be positive parts of us that we’ve split off from over the years. Maybe your parents thought you should be seen and not heard, so you repressed your voice. Or perhaps you were told that artists never amount to anything, so you stuffed your desire to create art.

Regardless of how the shadows that lurk came to be, the truth is that we’re not doomed to have to allow them to subconsciously rule our lives. Those thoughts, feelings, memories, etc. that have been steering the wheel of our lives toward ditches or cliffs – we can wrangle up and set them straight. We can “feel, deal, and heal” as some people say.

If there’s one thing I know, it’s that we all desire to grow to become more authentic, enlightened, compassionate and loving. Into The Wild Shadow Work can be a wonderful path toward experiencing such.

Shadows (wounds, negative thoughts, faulty belief systems, suppressed desires, etc.) can be discovered, faced, processed, and integrated (dissolved). As humans, we have the opportunity to grow up – not just physically – but emotionally and spiritually. But it takes some work, dear one. And shadow work can be a tool that can help bring wholeness to each one of us and the collective.
Meeting Your Shadow

If you’ve never done shadow work, this journal may introduce you to your shadow side – the light and the dark side. Many people think their shadow is solely dark, but this isn’t true. There’s plenty of positive things we repress or disown throughout our lives. This journal is meant to introduce you to your shadow as a whole.

How Will I Feel?

Shadow work evokes different feelings or intensity of emotions for everyone. However, common emotions you may encounter along the way are:

Fear

You may trigger some unhealed wounds that cause you to feel afraid. That pain/experience/trauma/trigger that you suppressed might not be easy to face. Know that to heal it, you’ve got to temporarily feel it.

Shame

Shame is a biggee. Many of us carry shame that stems all the way from childhood.

Anger

Some journal prompts may cause anger to surface. It’s easy to stuff anger down deep, especially if you’re used to being a “good girl” or “good boy” because that’s just what was expected.

Numb

You may feel numb as you try to answer some questions. Or, you just don’t feel much of any emotion. For me, I had trouble feeling anything when I first started shadow work. I couldn’t remember my childhood well at all because I repressed so many memories.

Other emotions that may rise are guilt, sadness, frustration, feeling abandoned, grief, and more.

If you get to a point where it feels like it’s too much, sit and breathe. Meditate for a bit and come back to journaling later. Take it at your own pace and remember to nurture yourself, practicing self-love and compassion all along the way.

Remember that as you work through the Shadow Work Journal, you’re getting in there deep and re-collecting parts of you that you’ve chipped off over the years. You’re becoming more whole.

Practicing Mindfulness & Meditation

Shadow work can be tough.
Digging deep to discover aspects of you that you’ve lost, or dark parts of you that shock you, can mess with the mind. I always advise people to take up the practice of mindfulness and meditation as they do shadow work.

Mindfulness means staying in the present and being mindful of the thoughts arising moment by moment. Acting like a thought detective, we get to identify the type of thoughts that come. If they’re negative or false, we have the opportunity to say so. We get to call them out and say, “Um, excuse me. I’m not falling for that. I choose to believe and live in the truth.”

Meditation is taking time to get quiet with yourself. It’s going within as a sacred act, gaining more control over your thought life. We all know thoughts come and go, but we do have the choice as to what types of thoughts we identify with. In daily meditation time, we can get more acquainted with the “I” that is our core nature. Our essence. The “I” underneath all those thoughts.

We can connect with a place of peace and harmony with ourselves as part of Divinity! It’ll be tempting to skip time to meditate, so really make that commitment. It’s a discipline and a practice, and can certainly help you as you navigate your shadow side of ego.

**Working Through Journal Prompts**

Take your time working through the following Shadow Work prompts. If you find something too emotionally challenging to answer, find some support before doing so. A counselor, spiritual advisor, wise friend, sponsor, etc., can oftentimes hold the space for you to begin processing and heal various wounds.

It’ll help right now if you commit to lavishing abundant love on yourself as you progress through the journal. I know for me it used to be so easy to beat myself up. I’d start journaling and feel horrible facing some of my shadows.

Or, I’d feel horrible because I could only write one or two sentences, where others would be writing short stories!

**Go easy on yourself.** Remember that there’s no right or wrong here. Cut yourself some slack as you delve deep into your psyche. Nurture yourself in ways that you feel loved. If you come across something just too challenging, skip it. Maybe it’s just not time to “go there”.

**Finding And Loving The Real You**

My intent is that you will consciously wake up more fully to your spiritual existence – the real you! The you that you’ve forgotten about over the years! I hope that you experience deep and profound spiritual transformation, as well as compassion and divine Love for yourself and others as you work through the journal.

Remember, it’s progress we’re after, not perfection. Doing your inner healing work can be sacred. Give yourself permission to do it with grace and love. You may want to light a candle before journaling, taking several deep breaths and tune within. Ask all that is holy to assist you.
Shadow Work Tips:

As you become aware of shadows arising within you, realize that this is an opportunity to begin integrating them. This means working through them so they will lose their power or charge over you.

It’ll be helpful for you to integrate shadows if you:

1. Acknowledge the emotion/feeling. Feel it for the moment, but know that you’re also preparing to let it go. It might feel intense at first, but know that by “feeling” it, you’re working on “healing” it.

2. Observe shadows from your true identity as spirit being. Think of yourself as a witness. You may discover your shadow parts, but you’re not actually them. That shadow is not the real part of you. It’s part of your ego, but it’s not the real you as spiritual creation.

3. Drawing from Ken Wilber’s Integral Theory work, refer to that shadow as “you” and “it”. (Rather than “I”.) This will help you feel separate from it. You can question it, asking things like, “Where did you come from?” “What do you want?” “Why do you keep popping up?”

4. Once you’ve felt it, acknowledged it, observed it, questioned it, now it’s time to lovingly let it go. Let it integrate into your being or dissolve into nothingness. Enjoy the peace that comes along with it.

Keep in mind that shadow work is a lifelong process. There are layers upon layers in our psyche. There may be shadows that live in the basement, main floor, closets, the attic, garage, and secret passageways.

Some of them are sly little suckers and hide well. But know that as you keep doing your inner healing work, as you progress in your spiritual discipline, you’re reclaiming all of you. You’re becoming more whole, and that means you’ll experience more peace and joy along this life’s journey.

let’s start peeling off the masks, shall we?
Caregiver Traits

Make a list of three negative and three positive characteristics of your primary caregivers who raised you. What is it you liked most about each caregiver? Do you have any of these positive or negative traits? Which ones? How do they manifest in your life?
two

Fear of Darkness

Were you afraid of the dark as a child? Explain a situation when you were quite afraid and why. If you start feeling anxiety or fear as you write, distance yourself and observe the feelings. Dig around a bit to see if you can pinpoint the root cause. Is there a particular fear underlying the feelings? Abandonment? Rejection?
three

Memory Deletion

Is there a memory you have that you would like to delete forever? If so, what is it? How would deleting the memory of it impact your life today? How would you feel? Is there a second memory? Go ahead and share.

i choose to focus on love today
No Holding Back

Give yourself some time to let your shadow side speak to you all the negative things you think it wants to say. Those negative thoughts that tend to run through your mind consistently. Don’t let it hold back. An example would be, “You are so lazy. And stupid. You’ll never amount to anything.”

Once you’re done, go ahead and confront that shadow side. Let it know that those negative words are just words and they can’t hurt you anymore or hold you back. Let it know that even if you are _____ at times, it’s alright. You’re also the opposite! (Lazy vs. Energetic, Shy vs. Assertive). Let it know you’re growing more and more conscious of you as LIGHT, as GOODNESS, as PURITY, as WHOLE. Remind it that you’re not your thoughts. You are a spirit created by Divine Intelligence, by God, wholly perfect and loved with unconditional love.
Mirror Work

Look directly into your eyes in a mirror for about a minute. Relax as you do so. What kinds of thoughts or feelings arise? Is it uncomfortable? Do you feel silly? More spiritual? Self-aware? Mirror work can be a powerful tool to see what’s lurking in your shadow side, as well as remind you of your authentic, spiritually evolved self. Write about your experience.
We are every beautiful and ugly trait rolled into one. It's time to manifest all of your qualities.

debbie ford
Six

Draw Your Shadow Side

Draw a picture of your shadow side. How do you see it? What kinds of thoughts, beliefs, emotions, traits do you think are in it?

Positive & Negative?

keep doing the work. it's worth it.
A Letter To Your Ego

Make a list of any negative characteristics you identify with about YOU. Examples could be having anxiety, depression, rage, fear, poor work ethic, lack of discipline, commitment, etc. Then, embody the God-part of you that doesn’t see any of those characteristics or traits. Write a letter from this God-part of you, this healed and whole part of you – to that part that’s struggling. Be loving and compassionate. Be encouraging.
Maturity

Would you describe your behavior as mature? Are there times/instances when you feel you act immaturely? What would those closest to you say about your maturity level?

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"When we find ourselves in a midlife depression, suddenly hate our spouse, our jobs, our lives, we can be sure that the unlived life is seeking our attention.

When we feel restless, bored, or empty despite an outer life filled with riches, the unlived life is asking for us to engage.

To not do this work will leave us depleted and despondent, with a nagging sense of ennui or failure. As you may have already discovered, doing or acquiring more does not quell your unease or dissatisfaction. Neither will “meditating on the light” or attempting to rise above the sufferings of earthly existence.

Only awareness of your shadow qualities can help you to find an appropriate place for your unredeemed darkness and thereby create a more satisfying experience. To not do this work is to remain trapped in the loneliness, anxiety, and dualistic limits of the ego instead of awakening to your higher calling.”

Robert A Johnson
Support Level

Do you feel supported by God? The Universe? Others? Make a list of those you know 100% you can count on if you truly needed something. If you find yourself lacking a support system, think about if you felt supported by your parents when you were growing up.

Could feelings of being alone, abandoned, or unworthy be lurking in your shadow? Can you picture what your life would look like with a fantastic support system? Write about what that would look like.
ten

Relationship Toxicity

Do you have any unhealthy relationships in your life right now? If so, with who? Have you addressed the unhealthy aspects of this relationship with them? Do you feel they are solely to blame? What is it that you don’t like most about these relationships? How do they make you feel? Can you see a pattern?

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eleven

Admiration

What do you most admire in others? Why do you think that is? Do you see these traits anywhere in you?

“...The most intense conflicts, if overcome, leave behind a sense of security and calm that is not easily disturbed...” C. Jung
Describe a situation where you walk away feeling drained. Contemplate reasons this may occur. Then, write down some things you can do to address this situation. Can you avoid it? If not, can you address it by setting boundaries?
How have you been distracting yourself? In what ways? How long have you been distracting yourself?

What can you do to stop this behavior?

i am staying on task. yay for me!
Are there any addictions present in your life? What are they? When did they begin? What are you getting out of remaining addicted to these things?

Were either of your parents stuck in addiction?
Some shadows act so tough. They're sly, thinking they'll never be discovered. Keep seeking the Light. Commit to your spiritual path, for as you do, the Light will showcase the shadows and help you feel, heal, and integrate them.
What are the most common negative thoughts you think or speak about yourself?

Any idea where you picked up these types of thoughts/beliefs?
Sixteen

Judgments Against You

Do you feel like others judge you? If so, how? Do you feel like those judgments are true indications of who or how you are? How often do you judge?

A man who is unconscious of himself acts in a blind, instinctive way and is in addition fooled by all the illusions that arise when he sees everything that he is not conscious of in himself coming to meet him from outside as projections upon his neighbour. Carl Jung
Insecurity

In what ways do you feel insecure? Are you insecure more with particular people?

If so, who? Have you always felt insecure?
Top Fears

What are your top three fears in life?

Share a story surrounding them.
Over-reaction

Do you tend to overreact? Describe a situation where you did so, then try to track the underlying thoughts or beliefs causing the overreaction.
Safety Level

Do you feel that the world is a safe place? Do you feel safe? Where is it that you feel the safest? Why do you think that is?
Have you been belittled? Demeaned? If so, how did that make you feel? Share one experience when this happened.

How did you handle it?

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i am assertive when necessary
Conflict Resolution

When you find yourself in conflict with someone, are you a runner? Do you get out as soon as possible? Do you “ghost” people? Or do you stick around and try to work it out? If you’re a runner, who else do you know in your family that’s a runner?
Do you have a habit that could be causing negative issues or emotions in your life? Talk about that habit. When did you first pick it up? How do you feel about learning how to stop that negative habit?
What’s Your Enneagram Type?

What Enneagram type are you strongest in? Now, look at the unhealthy characteristics of that type and list what ones are active in your life currently. How are they showing up? Which ones have you overcome? Look at the healthiest level of your type. What traits are showing up?

How does it feel to know you can aspire to reach the highest level of traits?

Shadow work is helping get you there.
Assessing Judgments

Take a few days to be mindful of any judgments you make about others. In what ways do you judge them? Do you find yourself giving them advice? If so, is this advice more for your benefit or theirs? Now, think about if what you are judging them for is present in you. Dig deep. At times, pointing fingers at others and judging them is actually judging a shadow part of ourselves that we’ve repressed, rejected, or hidden away.
Worldview

Do you feel you are more concerned about yourself, others, or the world? One model of increasing consciousness discusses four stages:

Egocentric (I am most important)
Ethnocentric (My family/religion/tribe is most important)
Worldcentric (All humans matter regardless of race, religion, sexuality, etc.)
Kosmocentric (All humans, the planet, the cosmos I value and support the same.)

Where do you think you fit in the stages? Why do you think that?
free to be
Playing Big or Small

Do you think you play small or big? Do you minimize yourself or your potential? In what ways do you do each? When you play small, where do you think that originated? Did any of your parents play small? Where can you start playing “big” in terms of knowing your truth and purpose? Of acting on it?
Feeling Hurt

Who is someone who has hurt you tremendously? How did they make you feel? Sit with that feeling for a few moments. Can you remember a time when you were young and felt that same feeling? If so, describe that situation. What is it that you’d like to say to that person who hurt you?
Love Without Conditions

Can you love others without conditions? Without judging them? Do you think people feel safe enough to be themselves around you?

Can you let them be them in the midst of their "stuff"?

i am non-judgmental
Ho’oponopon Practice

The Ho’oponopono is a Hawaiian practice of self-forgiveness that can help you clear out negative thoughts toward yourself. There are four simple steps.

Center yourself and say, “I’m sorry. Please forgive me. Thank you. I love you.” Go ahead and expand on this some in writing. Think about a way in which you judge yourself, sabotage, or neglect yourself. Write about it. Then, write out the Ho’oponopono prayer concerning those areas.
Emotion Observation

Do you feel like an observer of your feelings? Or do you feel like you ARE your feelings? {I feel sad vs. I am sadness} {I feel angry vs. I am anger} {I feel shame vs. I am shame}

It is helpful to learn that we are not our emotions. We feel them, but as conscious spirits, we are NOT them. Write about how it would feel to be able to observe your feelings rather than fully feel them.

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What emotions do you think you suppress regularly? Anger? Shame? Fear? Sit for a few moments and try to recall a time when you were young that you repressed emotions. Write down the situation, connecting with that emotion in your body. Practice feeling it, processing it, and breathe it out, letting it go.

i am letting go
Complaining

Make a list of your major complaints about others. Then, ask yourself what it is inside you that gets triggered by their words/actions. Fear? Worthiness? Lack of boundary setting skills? Trouble communicating? Pride? Envy?

By looking at what triggers us about others, we can learn a lot about what’s lurking in our own shadow-side, bringing conscious light there in order to continue healing and growing.
Envy Exercise

Do you envy others? What they have? If so, what is it that they have that you desire?

How would it feel if you had those things right now?
Values

What do you value? What is important to you? How do you feel when someone doesn’t value what you do? Share an experience where this occurred?
{Examples: someone lied to you, someone with poor work ethic, someone who is mean to others, etc.}
“Everything that irritates us about others can lead us to an understanding of ourselves.” Carl Gustav Jung
Priorities

How often do you make yourself a priority? Do you think you practice self-care above all else? Do you find yourself complaining that you have nothing left to give often? That your cup is empty? If so, what does this mean regarding your priority of self-care? How can you improve this?
thirty-seven

Inner Child Love

Find a picture of yourself as a baby or child. Consider framing it and putting it on your nightstand or somewhere in your home where you’ll see it often. Use this picture as a symbol of your inner child who wants and needs you to parent him/her. Let it remind you that you truly are that precious baby/toddler/child and affirm your love for them daily.

breathe. slowly. deeply.
Close your eyes and picture your shadow side person in a dark cave. They’re huddled in the corner in fear, not wanting your lantern to shine on them. They’re dirty, and there are spiders and snakes all over the place. As you move closer, you notice how afraid your shadow side looks. Petrified. They don’t want to be seen for the mess that they think they are.

Approach your shadow side with gentleness, compassion, and love. Let the light of your lantern reveal the truth – that your shadow side is clean, that the cave is but an illusion and you’re both surrounded by white light. Sit beside your shadow side and put your arm around them. Comfort them. Let them know they are loved so much! That you’ll never abandon them again. That it’s safe for them to come out and get to know you. Enjoy life with you!

Write about the experience. How do you feel? How does your shadow side feel? How can this be a turning point for your life?
Is there something you know you should be doing but aren’t? What is it? Make an action list of what you need to do to get it done, or at least start the process. Then, write how it feels to have done this task.

What could change in your life if you accomplish it?
Heroes

Who are your heroes? Why do you think you value them so much? Do you see those traits in you? Why or why not?

Were they there at one time and you've lost them along life's journey?

i am my own super-hero
In what ways are you wearing a mask? Acting inauthentic? Draw a picture of your masks and label them. How are they serving you? Do you have to continue wearing them?

Scribble them out one by one, acknowledging that it’s alright to authentically be you.
### Broken Promises

Have you broken a promise to yourself?

Describe the situation surrounding this.

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**forty-two**

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### i am doing great at being uniquely me
walk your own journey.
be unashamedly you.

dominica
Look at the following words. Circle the ones that you identify with. Then, either go to a mirror or envision yourself in front of a mirror and own those words. For example, if you circled “afraid”, say, “I am afraid!” If you circled “selfish”, say, “I am selfish!”

Repeat it over and over with conviction until you can say it and you don’t have a strong reaction. The point of this exercise is that you can identify with a shadow part with the purpose of stripping it of its power over you. Remember that on the opposite side of each negative word, there’s a positive. (Fear/Faith, Selfishness/Generosity) When you can integrate the repressed part, you’ll experience more of the positive aspects!

aggressive aloof boring bossy clinging compulsive cruel deceitful dishonest greedy impatient inconsiderate irresponsible jealous lazy moody narrow-minded overemotional rude selfish stubborn timid unreliable untrustworthy vain vengeful
Competition

How do you feel about competition? Do you think it’s healthy? Necessary?

Have you always felt this way?

Were you like this as a child?

i am going easy on myself
Think about a time in your life that was quite challenging for you, where you aren’t so proud of how you were in those moments. (Poor choices, addiction, mean, etc.) Take the time to write a compassionate and loving letter to that shadow part of you.

Be gentle, loving, and forgiving. Save the letter for times when you may need to encourage yourself.

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i am evolving
Our shadow side may seem dark to us, but there are jewels to be found when we start digging around. Not all hidden aspects of our selves are “negative”. We may have repressed positive aspects too, such as artistic talent, sensitivity, confidence, etc. Parts that we repressed or split from as children may indeed be like diamonds in the rough. Keep doing the inner healing work. Bit by bit, in doing so, you’re integrating, coming together as a radiant, peaceful WHOLE person.

Write some affirmations down about yourself in various areas of your life. Write in present tense, such as, “I am peaceful throughout the day, trusting that God/Universe/Source has my back.”

Smile as you write them! Feel positive, optimistic energy too!
There’s usually plenty of things that happen to us throughout life that could cause us to feel like victims. However, identifying with a victim mentality will likely keep you stuck feeling sad and powerless. Do you feel like a victim? That life is against you? If so, why? What happened?

Now, imagine you can fly. You can just think about rising up above the ground and it happens. Imagine you can rise above all those things that happened to you in life that caused you to feel powerless. You can soar above it and go on about your life experiencing more peace, joy, and love.

The thing is, you can rise above a victim mentality. It will require you to take full responsibility for your life today and each day after, including your emotions. Painful things may have occurred, but today, you are not powerless. You can be powerful in thoughts, beliefs, and actions.
Anger Levels

What makes you really angry? Who are you around when you feel this anger? Write about the last time you felt really angry. What happened? Who was there? What kinds of thoughts were running through your mind?

Then, become curious. Ask yourself why you feel so triggered? What is it in that person that angers you? Do you think you can stop pointing your finger at them and instead look within? See what IN YOU is being triggered? Is it fear? Shame? Victimhood? Lack of boundaries?

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Unmet Needs

Does anyone in your life ever call you childish? Do you feel like a child sometimes? Act in childish ways? If so, write about some unmet needs your behavior may be trying to get that you didn’t get when you were a child.

For example, if you find yourself whining regularly, what childhood need went unmet? Were your caregivers attentive to your needs? Your wants? How can you go about getting unmet needs today without resorting to childish ways? (Asking for what you want or need, aligning with your truth, being honest with yourself and others, etc.)
Life as Roller Coaster

Do you believe you should feel happy or peaceful all the time? Or are you alright with experiencing a roller coaster ride of emotions? We may have been taught as children that negative emotions weren’t kosher, so we repressed them. We split from aspects of our SELF that threatened getting love from caregivers and society.

But now, as adults, we come to understand that it’s alright to have negative emotions at times. Emotions are a guide and can teach us many things. Learn to become an observer of them. Sit with them. Let the speak to you. They’ll tell you what you need to know about them, and about you.

Write a letter to yourself – your whole self, shadows and all. This letter is written to you just before you get on a roller coaster. What would you say to yourself to prepare for the ride? The incline? The decline? The loops? The emotions it might feel? Correlate this with life. What can you say to ease tension or negative feelings? To excite about positive experiences?
Think about your primary caregivers. Can you think of an underlying story that might have been running their lives? Hidden beliefs? These can be positive or negative.

Just start writing what comes to mind about Mom or Dad. For example, if Dad was addicted to alcohol, what kind of story do you think was running in his mind? I can’t do this. Life is hard. It’s too hard to face these feelings. Life sucks. I suck. I’m a failure. I’m scared. Nothing ever goes my way. I’m worthless. Etc. If Dad was happy and successful, it might be totally different. I’m worthy. I’m diligent. I believe life is for me. I work hard. Things go my way. Etc.

Take some time writing about Mom and Dad. Then, go through and see if you resonate with some of the underlying thoughts or stories. What are they? Look for the negatives and know that those are some of the shadows that may have been passed onto you. Acknowledge them and keep doing your own inner healing work to integrate them.
If you’ve had romantic partners or have one now, what are some of the qualities that you found attractive about them? (If you haven’t had a partner, what about a friend?) Make a list. Do you see a theme? What qualities do they have that you wish you had?

It’s common to be attracted to those who express qualities that we’d like to express. (Confidence, communication skills, assertiveness, peace, optimism, etc.) Think about these traits and ponder whether you secretly want to have and express them. Do you think you can? Can you think of a time when you were young that you might have repressed this part of you?
Do you talk about your past a lot? Do others tell you this? Do you think more about the past than you do the present or future? It’s common to get stuck in the past, using a lot of mental or emotional energy there. While it’s alright to think about and talk about the past sometimes, it’s helpful to learn to live more in the present and optimistically think about your future.

What do you want your future to look like? Write about your goals and dreams for a few minutes. Short-term and long-term. Smile and feel the excitement of co-creating this wonderful future with all aspects of yourself. You might even want to take this list or story and put it in a place you see often to remind you of your ideal future. See it, feel it, and know that you’re indeed helping manifest it.
Control

Do you think you have to have control to feel safe? Have you never been labeled a control freak? How does control show up in your life? What would it feel like to give up control?

Write about your observations.
Light Shadows

Not every shadow is dark. In fact, we have plenty of “light” shadows, positive parts of ourselves that we may have repressed over the years. Make a list of some people (famous or not) that you truly admire. Then, write about the qualities you admire in them. Are they confident, compassionate, funny, etc?

It’s quite possible that you’ve projected some of your light shadows onto them. You may indeed possess those very traits, but perhaps you’ve suppressed them. Take some time to think about this and own the traits you truly want to enjoy. Don’t let fear stop you. Let those positive aspects of you SHINE!

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i am shining brightly
i am a shadow hunter
Fifty-Six

Trigger Poem

What seems to trigger you more than anything at the moment? Write a poem about that trigger.

Write it in a positive light, even humorous.

Notice how you feel writing about that particular trigger.

I am triggered less and less the more I do my inner healing work.
Recurring Issues

What keeps popping up when you get into an argument with your partner/friend/parents? Is there a recurring issue? Do you find yourself pointing your finger with the same accusations/qualms? Take some time to write about your latest conflicts. What could be some underlying issues? Are you willing to truthfully look within to see if it’s a part of your shadow at work?

Can you own it?

relationships are opportunity for growth
You are a warrior of your psyche, doing the inner work that needs done to integrate shadows and own your wholeness. Your inherent goodness, pureness.

How does this make you feel?

How do you feel now that you’ve almost completed this Into The Wild Shadow Journal?
Picture yourself ten or twenty years older looking back at yourself now surrendering your baggage. By baggage, I mean those things you don’t want to carry any longer. The things that have been weighing you down. The darker parts of your shadow: fear, shame, anger, disappointment, guilt, etc. The parts you have been integrating while doing your shadow work.

Write a letter from your future self to your self now. Write it with the knowledge that you surrendered that baggage and chose to live a mindful life dedicated to self-love, God-love, and other-love. A life free from those negative aspects.

What would your future “you” say? How would he/she encourage you?

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Creative Vision

Write a short story in the present tense of the kind of life you truly desire. What’s happening? How are you feeling? Be as specific as possible.

For example, “Life is so amazing right now. I feel freer and more at peace than I’ve ever felt before. I wake up so grateful. My career is soaring and I’m loving the work. I’m also enjoying my new hobbies! My partner/spouse is incredible. We are connected at the heart level and growing individually and together. It’s not perfect, but that’s alright.

When bumps come along in life, I’m not drowning in fight or flight mode. I’m living mindful, in expectation of goodness, and committed to showing up as my authentic self. Life is a roller coaster and I’m learning so much along the ride!”
congratulations! you did it!

My hope and prayer is that you discovered a lot of treasures along your shadow work path. That you were able to own all the parts of you that you cut off from over the years - the good and the not-so-good!

Be proud of yourself for showing up and doing the work. Commit to continuing along the spiritual journey from here on out. There are likely to be more layers, triggers that show up out of nowhere, and some surprises as you navigate life's road.


Sending you so much love, dear ones.

dominica
About the Author

Dominica is a gentle soul showing up in this world to help others heal, grow, and evolve. She's especially interested in using her experiences and her story to encourage others.

For over ten years, she's reached thousands of people globally with her inspirational teachings about waking up, doing inner healing work, creating healthier relationships and enjoying a more meaningful life.

Professionally, she's equipped with a graduate degree in counseling and over ten years' experience working in the mental health field. Personally, she's been a serious seeker since her late teens, immersing herself in various spiritual practices.

Her books include Recycle Your Pain: It Has a Purpose, and a collection of poetry entitled, The Pain, It Shapes Her World. Her interests include ancient wisdom, neuroscience, transpersonal psychology, quantum physics, and conscious evolution.

dominicaapplegate.com

Share Some Instagram Love

Feel free to share your shadow work experience on Instagram. Snap a photo and tag @dominica_applegate. #freetobeshadowwork
Helpful Books

Owning Your Own Shadow: Understanding the Dark Side of the Psyche by Robert A. Johnson

Bringing Your Shadow Out of the Dark: Breaking Free from the Hidden Forces That Drive You by Robert Augustus Masters and Lissa Rankin

King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine by Robert Moore

Practically Shameless: How Shadow Work Helped Me Find My Voice, My Path, and My Inner Gold by Alyce Barry

Romancing the Shadow: A Guide to Soul Work for a Vital, Authentic Life by Connie Zweig

Shadow Dance: Liberating the Power & Creativity of Your Dark Side by David Richo

The Road Back to You: An Enneagram Journey to Self-Discovery by Ian Morgan Cron and Suzanne Stabile

The Shadow Effect: Illuminating the Hidden Power of Your True Self by Deepak Chopra, Marianne Williamson, Debbie Ford

Goldmining the Shadows by Pixie Lighthorse

To go in the dark with a light is to know the light. To know the dark, go dark. Go without sight, and find that the dark, too, blooms and sings, and is traveled by dark feet and dark wings.”

wendell berry