

Shadow Work

Journal Prompts



This Belongs To

Prompts Worksheet

Prompts: 1

What aspects of myself do I find Difficult to Accept or acknowledge?

2.

Are there recurring patterns or behaviors in my life that I struggle to change?

Prompts Worksheet

Prompts:3

What am I afraid of Revealing about myself to others?

Prompts:4

How do I react when someone points out a flaw or weakness in me?

Prompts:5

Nobody enjoys feeling anger, betrayal, jealousy, etc.

What emotion do you experience? Why?

Where does that come from?

Prompts Worksheet

Prompts:6

What things make you judgmental?

Prompts:7

What childhood memories or experiences still trigger strong emotions in me?

Prompts Worksheet

Prompts:8

Do you have healthy boundaries in your relationships?

Prompts:9

Is there any particular relationship that you feel could benefit from
stronger boundaries?

Prompts:10

Explore what is preventing you from having the courage to hold that boundary?

Prompts:11

what unresolved conflicts or relationships from my past continue to affect me?

Prompts Worksheet

Prompts:12

What do I criticize or dislike about others that I may be projecting onto them?

Prompts:13

Why?

Prompts:14

How do i sabotage myself or hold myself back from achieving my goals>

Prompts Worksheet

Prompts: 15

What misconception do people have of you?

Prompts: 16

How does that make you feel?

Prompts Worksheet

Prompts:17 What excuses or justifications do I often make for my actions or behaviors?

Prompts:18 How do I respond to compliments or praise? Do i believe them of dismiss them?

Prompts Worksheet

Prompts:19

What roles do i play in my life (e.g. caretaker, rebel, victim) and how do these roles serve or limit me?

Prompts:20

Why do you think you find yourself in this kind of dynamic?

Prompts:21

In what Situations do I feel most vulnerable or insecure? Why?

Shadow Self Worksheet

Negative Thoughts

Negative Behaviors

Negative Triggers

Notes

Inner Child Worksheet

My favorite activity as a child was...

My favorite school subject as a child was...

As a child, I always wondered about...

With my childhood friends, I loved to...

Healing Worksheet

What do I need to Heal?

Things I am grateful for

Things I have healed from

Patterns worksheets

Thought about Myself

[illegible]

Thought about World

[illegible]

Patterns worksheets

Thought about My Career

[illegible]

Thought about my Family

[illegible]

Patterns worksheets

Thought about relationships

[illegible]

Thought about my Health

[illegible]

Limiting Beliefs worksheets

[illegible]

Express and Feel

Things that make me feel sad and why?

[illegible]

Things that make me feel angry and why?

[illegible]

Forgiveness Worksheets

[illegible]

Self-Care And Medication

Start Date:

End Date:

Self-Care Activity: _____

Details: _____

Schedule: _____

| | | | | | |
|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |

Medication Tracker

[illegible]

Habit Tracker

WEEK OF _____

[illegible]

Sleep Tracker

[illegible]

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

[illegible]

Thank
You



Librewomenblog