

Shadow Work Process

- 1 In the first column write down the qualities of someone who triggered you (or particular qualities that trigger you in people).
- 2 In the second column exaggerate the qualities from the first column to the most ridiculous extent. You can imagine if it was a cartoon character, what it would be like.
- 3 Then, looking at the second column only, imagine what happens to a person like that? What is the very worse outcome of that type of behavior? Write it down in the third column.
- 4 Look at your third column objectively, you will notice a repetition of a one or two particular scenario. This would be the fear or fears that you have and are triggered when a person with qualities from the first column confronts you in some ways. Write down the most frequent fear or fears in the forth column.
- 5 Now, as CG Jung says, you need your shadow express itself in your life daily, please, let the qualities that triggered you be a starting point for a better, more fulfilled life for you. Please, state benefits of being a person with the qualities you stated in the first column in a column five. Then continue the exercise on the next page.

Qualities	Exaggerate	What happens	Fears	Benefits
1				
2				
3				
4				
5				
6				
7				

Now write down 7 ways you can let your shadow express itself in your daily life and commit to letting it play. As you know that safely and moderately expressing the qualities from your first column can be beneficial, write down how you are going to let yourself be more expressive in the qualities which were triggering you until now.

1

2

3

4

5

6

7