

Shadow Work



1. What kind of emotions make you feel really uncomfortable?
2. What kind of people do you try to avoid?
3. Which dreams are the most upsetting for you? What was the content of those dreams?
4. Which of your memories would you like to erase?
5. What do you dislike about yourself?
6. What aspects of your life are most disturbing for you?
7. What kind of issues are you most likely to hold grudges about?
8. Which grudge have you held onto the longest?

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9. Which kind of irrational fears are most likely to hold you back?
10. Which irrational fear has been holding you back lately? What are your current bad habits?
11. What prevents you from breaking them?
12. What lies do you tell yourself?
13. In what ways are you generally hypocritical?
14. What is the biggest promise you made to yourself which you broke?
15. Which unhealthy relationships do you hold onto?
16. In what other ways do you self sabotage?