



Shadow work

This worksheet is designed to help you become aware of judgments, find common humanity in how you see yourself in others, come to terms with your judgments, and create a practice of self-compassion to return to wholeness.

Before you begin

Take a moment to center yourself and prepare for the work ahead with a short breath awareness meditation. Then, when you feel centered and ready to go, move on to the first part of the Shadow work process.

Part 1: List people you judge

When you look at archetypes you admire, you see your best self. Well, the opposite is true too—when you judge others in a negative way, often, you're judging the parts of yourself that you may not like. Make a list of the people—or groups of people—that you have judged. Write down anyone whose actions, values, habits, or beliefs especially bother you. Then, write down what your judgments are about the people or groups.

Do your best not to judge yourself during this exercise—it's human nature to make judgments. Instead of judging your judgments, let this exercise be cathartic.

People or groups	What are my judgments?



Part 2: See yourself in others

You may enjoy claiming your archetype's special powers, which you might project onto the people you admire. But it may not be comfortable to claim the Shadow that you've projected onto someone else. Offer yourself self-compassion as you continue this exercise. The question to ask now is, "How am I also like this, in some way?"

People or groups	How am I like this?

SHADOW



Part 3: Explore the benefits and costs

Look at what you've written and ask yourself: "Am I like this in some way? How? What have they triggered inside me? Is it something in my core values?" Think about what you get out of keeping your Shadow repressed. Explore the benefits of keeping this part of yourself hidden. Then explore the opposite.

How I'm like this	What is the benefit?	What is the cost?

SHADOW



Part 4: Return to wholeness

Step 1: Compassionate phrases you receive

Call to mind someone from your life who acts—or has acted—as a mentor or guide. They might be a coach, teacher, spiritual figure, or archetype—anyone you see yourself seeking counsel from during a difficult time. Write down the compassionate phrases or words you know this person would say to you. Let the words flow freely. Remember, there's no right or wrong here—whatever comes up is good.

Step 2: Compassionate phrases you give

Next, call to mind someone who might seek your wise counsel during times of difficulty. Perhaps they're a sibling, neighbor, coworker, or friend—someone who typically respects your opinion and often shares with you in confidence. Imagine that they've come to you after uncovering something about their Shadow. Write down compassionate words you might say to them.

Step 1: Receive compassion	Step 2: Give compassion

SHADOW



Part 4: Return to wholeness (cont.)

Step 3: Create your compassionate phrase

Now, pick out key words from all the phrases you've listed on **Page 3**. Then, put the phrases into a statement. For example, if you've listed "You are supported" and "Wrap yourself in love," your statement might be, "May I be supported and wrapped in love."

Once you've written your statement, sit with it. Close your eyes. Repeat it silently to yourself. Feel its vibration in your heart. If your statement resonates with you, use it like a mantra when you meditate.

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