

# Shadow Work Reflection Worksheet

A trauma-informed guide with gentle prompts to help you explore your hidden self safely.

## Safety Reminders Before You Begin:

- 1 Ground yourself first – take a few deep breaths, or place your feet firmly on the floor.
- 2 Choose a safe, quiet environment where you won't be interrupted.
- 3 Go slowly. One prompt at a time is enough.
- 4 Pause if you feel overwhelmed. It's okay to stop.
- 5 Have support – a trusted friend, or note down something you'd like to share later.

## 7 Gentle Shadow Work Prompts

1. The part of me I hide from others is...
2. When I feel jealous, what story is underneath?
3. What do I criticize in others that I secretly fear in myself?
4. A time I betrayed my own boundary was...
5. What emotion feels unsafe for me to express?
6. A recurring trigger I can meet with curiosity is...
7. What gift might be hidden in the part of me I reject?

## Integration Tips

- 1 Voice note or journal your reflections after writing.
- 2 Do something playful or light afterward – connect with your inner child.

- 3 Move your body gently to release stored energy.
- 4 Remind yourself: Shadow work is not about fixing, but about meeting yourself with compassion.

Disclaimer: I am not a therapist. This worksheet is based on lived experience and trauma-informed awareness. If you feel overwhelmed or unsafe, please stop and seek support from a qualified professional.