

The following are Journal Prompts for shadow work. This particular list is meant to help address negative feelings that you find are interfering with your life. It's an exploration of where these negative feelings came from, why they are negative and why they affect you.

You will need a pen and a journal and time. Spend as much time as you can with each prompt. You also might need some tissues, a drink and maybe a spirit lifting snack for after.

1. Start by thinking about a negative feeling you have at the moment. List the triggers.
2. Why is it negative to you?
3. Describe this feeling, and any effects it has on you. Include physical, social, psychological and emotional effects.
4. Think about how long you've harbored this feeling, and the reaction it produces.
5. Describe the first time you can think of that created this feeling, or the first time you felt it.
6. Now think deeply about what you need in order to forgive yourself of this feeling. If forgiveness is not a part of the feeling, what can you do to accept the feeling?

*This is the work part of shadow work. This is the hard part. Accepting your shadow and not fighting it is an important part of the process. It does not mean that the shadow is in control, it just means you know it's there and you will no longer feel guilt or shame for carrying it!*

7. Write a letter to your child self. Tell that child why it's ok to feel as you did, and how things will get better (or did get better!).
8. Now think about this negative feeling and begin to list positive things about this feeling. We're going to transform it.
9. What can this feeling teach you?
10. Now write why it is ok for you to accept this feeling as a part of you, and as a part of your humanity/human experience.

In the end, your negative feeling was amongst your shadow selves, a part of you that you couldn't accept and that became a part of your persona. By accepting this shadow self, you create a healthier relationship, and a deeper you.

Shadow work is ongoing, however. You may end up returning to this space again. Your answers may even change, as more thought is put into it and delve deeper into your psyche.

If you'd like to talk to someone, or seek a guide, there are psychologists, counselors and spiritual guides available. Liminal Raven Ministries is one such option. You can find more information on my website [www.liminalraven.com](http://www.liminalraven.com).