**A Beginning Practice**

**Bringing Your Shadow Elements More into the Light**

Finish the first incomplete sentence as spontaneously as possible, out loud, and then immediately write down what you just said. Do the same for the rest of the list. Then revisit each of your responses, adding anything further that comes to you.

Something in me I often feel an aversion toward is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The emotion I am least comfortable with expressing is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

What I have a hard time admitting in an argument is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

What I am most hesitant to express in a relationship is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

What I least want others to know about me is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I don’t like admitting that I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

When I feel shame, what I usually do is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

What I most readily judge others for is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I tend to give my power away when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Your responses point to the things that are most likely in your shadow, whether partially of fully.

Don’t be concerned about clarity here. What matters is that you’re turning towards your shadow, accessing some curiosity about what may be in it. Looking inside is a process of ongoing discovery, treat it as such.

**(Source: Robert Augustus Masters, PhD, *Bringing Your Shadow Out of the Dark*,© pp 10-11.)**

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