

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 or 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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