



My Shadow Work Worksheet

Six prompts that take you from a single strong reaction down to the part underneath it, and back up to one kind, practical way to integrate it.

01 Where I'm starting from

How comfortable am I, right now, with the messier parts of myself?

1 2 3 4 5 6 7 8 9 10

Very uneasy

Quite at peace

One trait in myself I'd rather other people didn't see...

02 Catch a strong reaction

Think of a recent moment you reacted more strongly than the situation seemed to deserve, irritation, envy, defensiveness, a flash of contempt. Describe it plainly.

What happened, and what I felt:

03 The mirror · what it points to

Often the thing that most irritates us in others is a trait we won't allow in ourselves. Sit with the reaction above.

What I judged or reacted to

Where that same thing lives,
quietly, in me

04 Trace it back

Disowned parts usually got that way early. Try to find the first time you learned this part of you wasn't welcome.

When I was younger, I learned that being ___ meant ___:

Who taught me that, directly or just by example?

05 Listen to what it wants

Every disowned part is trying to do a job, protect you, get a need met, keep you safe or accepted. Speak to it like you would a younger version of yourself.

If this part of me could talk, what is it actually asking for?

06 The golden shadow

Not all of what we bury is dark. List a strength, desire or quality you've talked yourself out of, the ambition, boldness or creativity you decided 'isn't me'.

1.

2.

3.

4.

07 One small way to let it back in

Integration is practical, not dramatic. Choose one healthy, specific outlet for this part this week.

The part I'm welcoming back

One small way I'll give it room
this week

When you're done, a moment to reflect

- What changes when you treat this part as a messenger rather than an enemy?
- Whose voice were you using when you first decided this part of you was bad?
- What might you be free to do or feel if it no longer had to stay hidden?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.