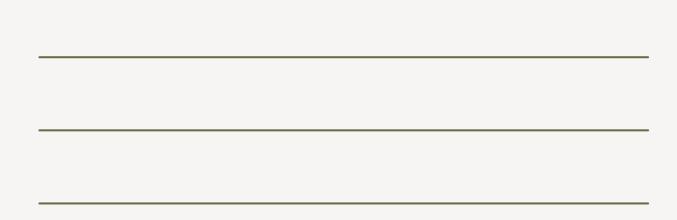


Top 20 Best Shadow Work
Journal Prompts

Mark Aquino RN



This Tournal Belongs to:





Tealousy Reflection

feeling and what	t does it reveal abou	ut your desires o	r insecur



Megative Pattern

held you back	r and what might be its r	oot cause?



Character Slip

this behavior and	what emotions were	you experiencing?



Dislike Mirror

sess that c	iou also see i	in yoursel,	t? How doe	s this make yo	u j



Regret Reflection

has it shaped your present self?	
	·



Anger Analysis

fear or hurt that fueled this anger?			



Frait Acknowledgment Date:

n acknowledging	this trait lead to self-acceptance or chan
	·



Critical Moment

happening in your own life at that time?		
. ,		



Emotional Trigger

1)hat core beliefs or	past experiences mig	ght have triggered thu
	reaction?	



Self-Compassion

more compass	ionate response to	yourself look like?
,	,	



Hidden Self

from others.	. How does concealing this aspect affect your life
	J (



Shame Unveiled

you abou	ut your values	or boundaries?



Procrastination Probe Date:

What fears or beliefs were holding you back?					What fears or beliefs were holding you back?		



Approval Craving

What was	s the deeper need or fear underlying this craving.



Conflict Reflection

conflict r	reveal about your expectations or unmet needs?



Behavior Loop

e consequences.	What payoff are	you receiving from this be



Victim Impact

tions. Hi	ow did you inter	nalize this e	xperience, and i	how has	
influenced your self-image?					



Forgiveness Hurdle

emotions are ste	ill lingeri	ing, and	what step	s can you t	ake toward
		forgive	rness?		
_					
-					
-					



Control Crisis

reflect you	r inner fears	or insecurities:



Belief Inheritance

tems from	your upbring	ring. How	have these be	eliefs influenced
	behavi	or and out	look on life?	

