# Shadowwork TTRPG Journaling Prompts Collection

## Character Foundation Prompts

### Core Identity

- What does my character fear most about themselves?

- What lie does my character believe about their worth?

- What would my character's younger self think of who they've become?

- What does "home" mean to my character?

- What does my character think they have to hide to be loved?

- What would my character's tombstone say? What would they want it to say?

### Wounds & Healing

- What wound is my character still nursing?

- What does my character need to forgive themselves for?

- What pattern does my character keep repeating?

- What would healing look like for my character?

- What does my character do when they feel unsafe?

- What comfort does my character seek but never ask for?

### Power & Agency

- When does my character feel most powerful? Most powerless?

- What choice is my character afraid to make?

- What does my character think they don't deserve?

- How does my character handle being wrong?

- What would my character do if they knew they couldn't fail?

- What does control mean to my character?

## Shadow Work Integration Prompts

### Mirror Work

- What trait in my character do I judge most harshly? What does that tell me about myself?

- How does my character's coping mechanism mirror or differ from my own?

- What does my character do that I wish I could do?

- What about my character makes me uncomfortable? Why?

- What strength does my character have that I'm developing in myself?

- What does my character need to learn that I'm also learning?

### Emotional Landscape

- What emotion does my character avoid feeling?

- How does my character express anger? Sadness? Joy?

- What does my character do when they feel overwhelmed?

- What makes my character feel truly seen?

- What would my character's inner child say to them?

- What does vulnerability look like for my character?

### Shame & Acceptance

- What is my character most ashamed of?

- What part of themselves does my character try to hide?

- What would unconditional self-acceptance look like for my character?

- What does my character need to hear to feel worthy?

- What mask does my character wear most often?

- What would my character's life look like without shame?

## Relationship Dynamics Prompts

### Connection & Intimacy

- Who in my character's life reflects parts of my own relationships?

- What does my character long for in connection with others?

- How does my character show love? How do they receive it?

- What does my character need from their chosen family?

- How does my character handle conflict in relationships?

- What would my character's perfect relationship look like?

### Boundaries & Trust

- What boundaries does my character struggle to maintain?

- Who has my character's complete trust? Why?

- What does betrayal mean to my character?

- How does my character know when someone is safe?

- What would my character do for love that they shouldn't?

- What does loyalty cost my character?

### Family & Legacy

- What family pattern is my character trying to break?

- What did my character's family teach them about love?

- What would my character want to pass on to the next generation?

- What family wound is my character still carrying?

- How does my character define family?

- What legacy does my character fear leaving?

## Post-Session Processing Prompts

### Immediate Reflection

- What moment from tonight's session is still with me?

- What did my character choose that surprised me?

- What emotion am I carrying from the table?

- What did I learn about myself through my character tonight?

- What scene made me feel most uncomfortable? Why?

- What was beautiful about tonight's session?

### Deeper Integration

- How did my character grow tonight?

- What real-life situation does tonight's conflict remind me of?

- What did my character's choices teach me about my own values?

- What would I do differently if I were my character?

- What part of tonight's story do I want to carry into my life?

- What healing happened tonight, for my character or for me?

### Relationship Processing

- How did my character's relationships shift tonight?

- What did I learn about connection through my character?

- What relationship dynamic surprised me?

- How did my character show up for others tonight?

- What did my character need from others that they didn't ask for?

- What love was present at the table tonight?

## Crisis & Breakthrough Prompts

### Difficult Moments

- What triggered me tonight, and what can that teach me?

- What did my character face that I'm also facing?

- What would I say to my character if they were real?

- What would my character say to comfort me?

- What strength did my character show that I need to remember?

- What hope exists in my character's darkest moment?

### Moments of Growth

- What courage did my character show tonight?

- What old pattern did my character break?

- What new truth did my character discover?

- How did my character surprise themselves?

- What changed in my character's heart tonight?

- What would my character want me to know about resilience?

### Integration & Wisdom

- What wisdom did my character gain that I can use?

- How has my character's journey changed me?

- What would my character tell someone facing similar struggles?

- What gift did my character give to the story tonight?

- What gift did the story give to my character?

- What sacred truth emerged through play tonight?

## Seasonal/Periodic Reflection Prompts

### Monthly Character Check-ins

- How has my character evolved over the past month?

- What themes keep emerging in my character's story?

- What aspect of my character am I most curious about?

- What healing has happened for my character recently?

- What challenge is my character ready to face?

- What does my character need most right now?

### Quarterly Deep Dives

- What has my character taught me about myself?

- How has playing this character changed my life?

- What part of my character's journey mirrors my own?

- What would I tell my character if this were their last day?

- What story does my character most need to tell?

- What love does my character most need to receive?

### Annual Reflections

- What has this character meant to my healing journey?

- What would I thank my character for?

- What wisdom has emerged through this character's story?

- How has my character helped me grow?

- What would I want my character to know about their impact?

- What sacred gift has this character given me?