

The Shadow Work Journal



A Guide to Integrating Your Shadow



Begin Your Journey

Copyright

Copyright © 2024 by The Felt Sense

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, write to the publisher/author.



First Edition

Welcome to Your Journey

Welcome to The Felt Sense Shadow Work Journal.

This book is an invitation to explore the hidden parts of yourself—the parts that have been cast into the shadows, yet hold immense power and potential. Shadow work is not about fixing what is broken, but about integrating what has been forgotten.

As you move through these pages, you will be guided to gently uncover the patterns, beliefs, and emotions that operate beneath the surface of your conscious awareness. We will use the body—the felt sense—as our primary compass.

Approach this work with curiosity and compassion. There is no right or wrong way to feel.



A Gentler Approach

Traditionally, shadow work can feel heavy, analytical, or even aggressive—like we are hunting down our flaws to eliminate them. The approach in **The Felt Sense** is different.

We are not here to wage war on ourselves. We are here to listen.

The shadow is not an enemy; it is simply the part of you that had to be hidden away to ensure your survival, acceptance, or safety at some point in your life. It holds not only your “dark” emotions like rage and shame but also your golden shadow: your unexpressed creativity, power, and joy.

How to Use This Journal

This journal is designed to be nonlinear. While there is a structure, trust your intuition. If a particular exercise calls to you, go there. If you need to rest, rest.

We recommend carving out 10–20 minutes of uninterrupted time for each session. Create a ritual around it—light a candle, make tea, or simply take three deep breaths before opening the page.

The Garden of the Soul

Imagine your psyche as a vast garden. Some areas are well-tended, bathed in sunlight—these are the parts of yourself you show the world. But there are other corners: overgrown thickets, deep caves, and composting piles.

These shadier spots are not “bad.” In fact, it is often in the dark, nutrient-rich soil of the shadow that our deepest growth occurs.

This journal is a lantern. It will not destroy the shadows, but it will help you see what lives there. You may find monsters you feared were real are merely shadows cast by a small object. You may find treasures you buried long ago.



Let us begin the exploration.

Digging Deeper

The garden of the soul requires regular tending. Use these prompts to explore the current state of your inner landscape.

- 1. If your life right now was a garden, what would it look like? (Is it wild and overgrown? Perfectly manicured but sterile? Thirsty? Blooming?)**

.....

.....

.....

.....

.....

.....

- 2. What is “growing” in the shadows that you have been ignoring? (Resentment, a new creative idea, a need for rest, a secret ambition?)**

.....

.....

.....

.....

.....

.....

**3. What connects the “weeds” (your challenges) to the
“flowers” (your strengths)?**

.....

.....

.....

.....

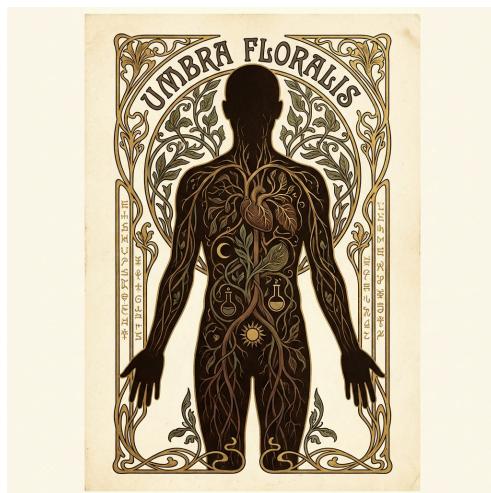
.....

Mapping the Terrain

Before we can cultivate the garden, we must map the soil.

Look at the figure below. It represents your somatic self—the physical vessel of your experience.

Close your eyes. Scan your body from head to toe. Where do you feel exploring the “Shadow” in your body right now? Is it a tightness in the chest? A fluttering in the stomach? A heaviness in the shoulders?



Mark the map above. Draw vines or roots where you feel tension.
Draw flowers where you feel openness. This is your baseline.

Ritual: Planting the Seed

All change begins with a seed. Now that you have surveyed the land and mapped the terrain, it is time to plant an intention.

The Seed Ritual

1. **Find a physical seed** (a bean, a flower seed, or even a small stone).
2. **Hold it in your hand.** Visualize the “Shadow” attribute you identified on the previous pages (e.g., your anger, your fear, your wildness).
3. **Pour that energy into the seed.** Imagine it glowing with the power of that shadow.
4. **“Plant” it.** You can bury it in the earth, place it in a potted plant, or keep it in a small box on your altar.

As you do this, say aloud:

“I plant this shadow in the dark soil of my being. May it compost into wisdom. May it bloom into power.”

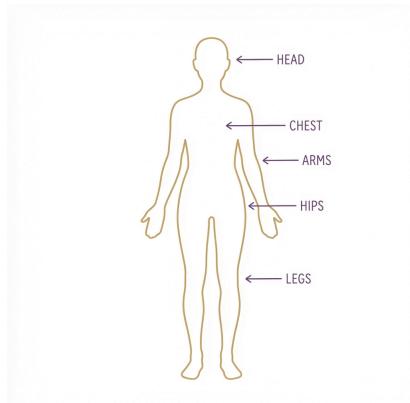
Date Planted:

Somatic Shadow Work

The shadow is not just in your mind; it lives in your body.

When you suppress an emotion, you are physically holding it back. You tense your jaw to stop from screaming. You clench your stomach to stop from crying. Over decades, this tension becomes chronic armor.

Fear **often lives in the belly**. Grief often lives in the chest and lungs. Anger **often lives in the jaw, neck, and hands**. Sexual shame often lives in the hips.



To integrate the shadow, we must feel it in the body first.

Why Shadow Work Fails

Many people try shadow work and give up. They find themselves stuck in loops of analysis, re-living old traumas without ever resolving them.

This happens when we try to do the work **only** with our minds.
You cannot think your way out of a feeling.



The mind is a defense mechanism. Its job is to explain, categorize, and keep you safe from the raw intensity of emotion. When you try to analyze your shadow, you are often just strengthening the Persona's defenses.

The body, however, cannot lie.

Phase 1: Foundation & Safety Container

“The wound is the place where the Light enters you.”

— Rumi

Before we descend into the depths, we must first learn to hold ourselves.

Shadow work can stir powerful emotions—old grief, forgotten rage, hidden shame. Without a sense of safety, these feelings can overwhelm the nervous system and send us into freeze, fight, or flight.

This phase is about building your **Safety Container**: a set of somatic tools and rituals that help you regulate your nervous system, so you can explore the dark without getting lost in it.

Master the art of nervous system regulation and build a clinical-grade safety container before the deep work begins. This is where you learn to self-soothe so you never have to dig alone.

In this phase, you will learn:

- Grounding techniques to anchor yourself in the present
- Breath patterns that calm the vagus nerve

- How to create a physical “safety ritual” before each session

Building Your Container

Use these prompts to explore and establish your sense of safety.

- 1. What does “safety” feel like in your body?** (Warmth?
Stillness? Softness in your shoulders? A quiet belly?)
-
.....
.....
.....
.....

- 2. Where do you go when you feel unsafe?** (A physical place? A person? A behavior like scrolling, eating, or numbing?)
-
.....
.....
.....
.....

3. What is one thing you can do right now to signal safety to your body?

.....

.....

.....

.....

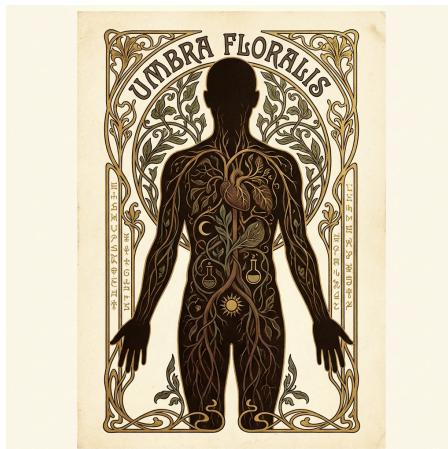
.....

Mapping Your Safety

Before we explore the shadow, let us map where safety already lives in your body.

Close your eyes. Take three slow breaths. Scan your body from head to toe.

Where do you feel **grounded**? Where do you feel **held**? Perhaps it is a warmth in your chest, a heaviness in your legs, or a softness in your belly.



Mark the figure above:

- Draw ROOTS where you feel grounded

- Draw a SEED or COCOON where you feel held
- Draw THORNS where you feel guarded or tense

This is your safety baseline. Return here whenever the work feels too intense.

Ritual: Creating the Container

A ritual creates structure when emotions feel chaotic. This is your Safety Ritual—use it before every shadow work session.

The Container Ritual

1. **Light a candle.** This signals to your nervous system that sacred, boundaried time has begun.
2. **Place your feet flat on the floor.** Feel the ground beneath you. You are held by the earth.
3. **Place one hand on your heart, one on your belly.** Say aloud:
"I am safe in this moment. I can stop at any time. I am the expert on my own experience."
4. **Take three slow breaths.** Inhale for 4, hold for 4, exhale for 6.
5. **Begin your work.** When finished, blow out the candle to close the container.

Date of First Container:

Phase 2: Inner Child – The Original Wound

“It is never too late to have a happy childhood.”

— Tom Robbins

The shadow often begins in childhood. When we were small, we learned which parts of ourselves were acceptable and which were not. The parts that were rejected did not disappear—they were simply buried.

Your Inner Child is the keeper of your original wounds. This is the part of you that was told to be quiet, to stop crying, to grow up, to be good. It is also the part of you that holds your purest creativity, wonder, and joy.

Identify where childhood silencing is physically stored in your body today through somatic mapping. Revisit your origin stories to reparent the parts of you that were left behind.

In this phase, you will:

- Meet your Inner Child through visualization
- Identify the messages you received about being “too much” or “not enough”

- Begin the process of reparenting yourself

Meeting the Child

Use these prompts to reconnect with your Inner Child.

- 1. Think of yourself at age 5-7. What did that child need most that they did not receive?**

.....

.....

.....

.....

.....

.....

- 2. What were you told (directly or indirectly) was “too much” about you? (Too loud? Too sensitive? Too needy? Too wild?)**

.....

.....

.....

.....

.....

.....

3. If your Inner Child could speak to you right now, what would they say?

.....

.....

.....

.....

.....

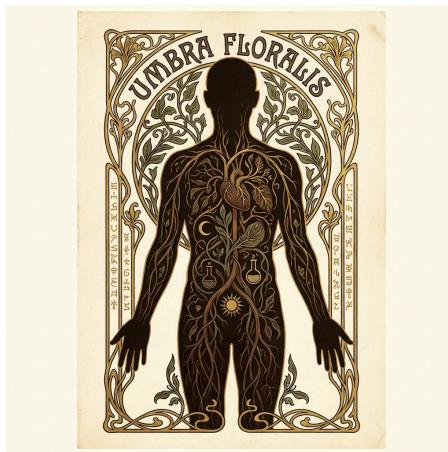
.....

Where Does the Child Live?

Your Inner Child lives in your body. Often, the places where we hold the most tension are the places where childhood emotions were first stored.

Close your eyes and think of a moment from childhood when you felt rejected, shamed, or silenced.

Where do you feel that memory in your body **right now?**



Mark the figure above:

- Draw FERNS or SEEDLINGS where you feel your Inner Child's presence

- Draw SNOWDROPS where you feel tenderness or vulnerability
- Draw THORNS where childhood wounds still ache

Speak gently to these places. They have been waiting for you.

Ritual: The Reparenting Letter

This ritual allows you to give your Inner Child what they never received.

The Reparenting Letter

1. **Find a photo of yourself as a child** (or simply close your eyes and visualize that child).
2. **Write a letter to your younger self.** Tell them:
 - What you wish someone had told you
 - That they are not “too much” or “not enough”
 - That they are safe now
3. **Read the letter aloud.** Speak slowly, as if the child is truly listening.
4. **Place one hand on your heart.** Feel the warmth of your own presence.

“You were never broken. You were always whole. I am here now.”

Date of Letter:

Phase 3: Triggers & Projections – The Mirror

“Everything that irritates us about others can lead us to an understanding of ourselves.”

— C.G. Jung

The people who trigger you the most are often your greatest teachers. They are mirrors, reflecting back the parts of yourself you have disowned.

Projection is a defense mechanism where we unconsciously attribute our own unacceptable qualities, emotions, or desires to others. When you hate someone’s arrogance, ask yourself: where am I arrogant? When you resent someone’s neediness, ask: where am I needy?

Turn external irritations into internal insights using somatic trigger tracking and the 3-2-1 process. Reclaim the energy you’ve unconsciously projected onto the world around you.

In this phase, you will:

- Identify your biggest triggers and what they reveal
- Use the 3-2-1 process to integrate projections

- Reclaim lost energy from external blame

The Mirror Work

1. Who in your life triggers you the most right now? What quality in them bothers you?

2. Where might YOU have this same quality, even in a small or hidden way? (Be honest. This is the shadow speaking.)

3. What would happen if you owned this quality consciously instead of projecting it?

.....

.....

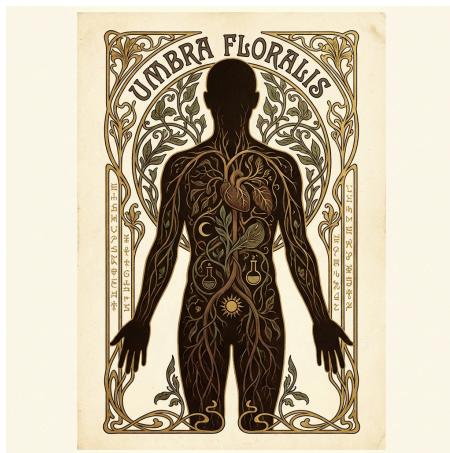
.....

.....

Trigger Tracking Map

When we are triggered, the reaction is rarely in our head first—it is in our body.

Think of a recent moment when you were intensely triggered by someone. Where did you feel that reaction?



Mark the figure above:

- Draw LIGHTNING where you felt activation (heat, tension, energy)
- Draw MIRRORS where you see yourself reflected in the trigger
- Draw ROOTS where you felt grounded (if at all)

The body's reaction tells you what is truly at stake beneath the surface story.

Ritual: The 3-2-1 Process

This ritual helps you integrate projections by moving from “it” to “you” to “I.”

The 3-2-1 Integration

Step 3 – Face It (Third Person): Describe the person or quality that triggers you as “it” or “them.” What do THEY do that bothers you?

Step 2 – Talk to It (Second Person): Speak directly TO this quality/person. “You make me feel... You always...” Let it out.

Step 1 – Be It (First Person): Now become this quality. Speak AS it. “I am [the quality]. I exist because...”

“What I rejected in you, I now reclaim in me. We are one.”

Date of Integration:

Phase 4: Fear & Anxiety – The Protective Guardian

“Fear is excitement without breath.”

— Fritz Perls

Fear is not your enemy. It is an ancient guardian, designed to keep you alive. The problem is that this guardian often cannot tell the difference between a tiger and a difficult email.

Anxiety lives in the body—specifically in the vagus nerve and the gut-brain axis. When we intellectualize fear, we bypass the body and stay stuck in loops of worry. True transformation requires **feeling** the fear somatically and learning its language.

Move from chronic resistance to embodied resilience by mapping the “gut-brain” connection of your anxiety. Learn to translate fear into a protective dialogue that serves your evolution.

In this phase, you will:

- Map where fear lives in your body
- Learn to dialogue with your anxiety
- Transform fear from enemy to advisor

Befriending Fear

1. What are you most afraid of right now? Name it specifically.

.....

.....

.....

.....

2. If your anxiety could speak, what would it be trying to protect you from?

.....

.....

.....

.....

3. What would you do if you were not afraid?

.....

.....

.....

.....

.....

.....

4. Thank your fear for its protection. What do you want to say to it?

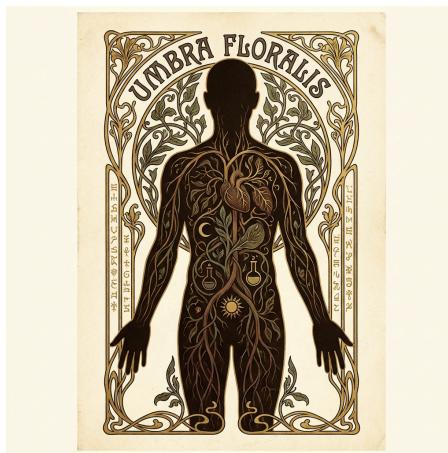
.....

.....

The Geography of Fear

Fear has a physical address. For many, it lives in the belly—the “butterflies,” the churning, the knot. For others, it is a tightness in the chest, a lump in the throat, or shaking hands.

Close your eyes. Bring to mind something you fear. Let the sensation arise without judgment.



Mark the figure above:

- Draw THISTLE or NIGHTSHADE where fear lives
- Draw STRANGLER VINES where anxiety constricts your breath
- Draw ROOTS where you can still find grounding

Remember: fear is not the enemy. It is data. What is it trying to tell you?

Ritual: The Fear Dialogue

This ritual transforms your relationship with fear from adversary to ally.

The Fear Dialogue

1. **Find a quiet space.** Place your hand on the part of your body where fear lives most strongly.
2. **Greet your fear.** Say aloud: “Hello, Fear. I see you.”
3. **Ask it questions:**
 - “What are you trying to protect me from?”
 - “How long have you been here?”
 - “What do you need from me?”
4. **Listen.** Write down anything that arises—images, memories, sensations.
5. **Thank it.** Say: “Thank you for protecting me. I am taking it from here.”

“I honor your vigilance. I release your grip. We walk forward together.”

Date of Dialogue:

Phase 5: Self-Sabotage – The Internal Barrier

“We are not punished for our sins, but by them.”

— Elbert Hubbard

You know the cycle: you set a goal, you start strong, and then... something happens. You procrastinate. You self-destruct. You make the exact choice that guarantees failure.

This is not weakness. This is protection. Every act of self-sabotage has a **positive intent** buried beneath it. Perhaps staying small keeps you safe from criticism. Perhaps failing on your own terms feels better than risking real rejection.

Identify the “positive intent” behind your destructive habits to physically break cycles of protection. Move beyond intellectualizing your patterns into somatic pattern interruption and real-world change.

In this phase, you will:

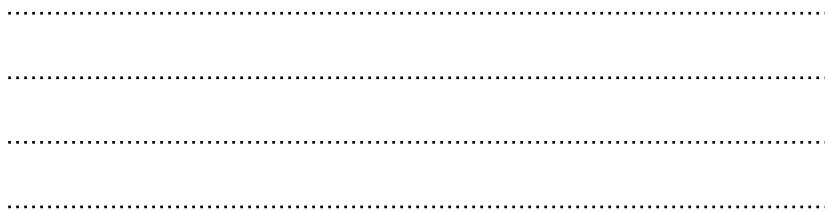
- Identify your sabotage patterns
- Discover the hidden “positive intent” behind them
- Create somatic pattern interrupts

The Saboteur's Logic

- 1. What is a pattern of self-sabotage you keep repeating?**
(Procrastination, overspending, pushing people away, quitting before you succeed?)
-
.....
.....
.....

- 2. What does this pattern PROTECT you from? (Success?
Visibility? Rejection? Having to change?)**
-
.....
.....
.....

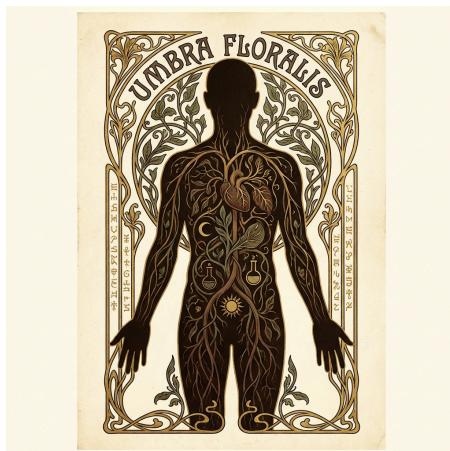
- 3. If the saboteur had a voice, what would it say to justify
itself?**



The Barrier in the Body

Self-sabotage is not just a mental pattern—it is a somatic one. The body holds the memory of why staying small felt necessary.

Think of a time you recently sabotaged yourself. Where did you feel the urge to stop, quit, or destroy in your body?



Mark the figure above:

- Draw WALLS or BARRIERS where you feel resistance to growth
- Draw CHAINS where old patterns feel locked in
- Draw a KEY where you sense the potential for release

The body knows the way out. Trust it.

Ritual: The Pattern Interrupt

A pattern interrupt is a physical action that breaks the automatic loop of sabotage.

The Pattern Interrupt

1. **Identify the moment before sabotage.** What does it feel like in your body?
2. **Create a physical anchor.** Choose a small, unusual action:
 - Snap a rubber band on your wrist
 - Stand up and shake your body for 10 seconds
 - Press your feet firmly into the ground
3. **Practice the interrupt.** When you feel the urge to sabotage, DO the action immediately.
4. **Replace the story.** Say aloud:

"I see you, Saboteur. I thank you for trying to protect me. I choose a different path now."

My Pattern Interrupt Action:

Phase 6: Dark Emotions – Rage, Envy & Shame

“The cure for the pain is in the pain.”

— Rumi

Some emotions are so taboo that we bury them immediately. Rage. Envy. Shame. Hatred. We are taught that “good people” do not feel these things, so we push them into the darkest corners of the shadow.

But these emotions do not disappear. They fester. They leak out as passive aggression, depression, or physical illness. The only way out is through.

Transform “taboo” emotions into high-frequency energy through visceral somatic rituals for rage, envy, and shame. Learn to safely express and release what has been repressed for years.

In this phase, you will:

- Give voice to your forbidden emotions
- Express rage safely through the body
- Transform shame into self-compassion

The Forbidden Feelings

- 1. What emotion are you most ashamed of feeling? (Jealousy?
Rage? Hatred? Desire for revenge?)**

.....

.....

.....

.....

- 2. Who taught you this emotion was unacceptable? What did
they say or do?**

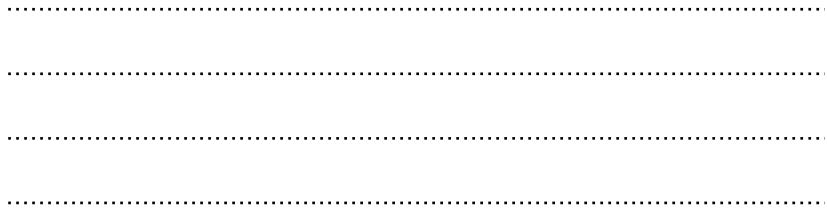
.....

.....

.....

.....

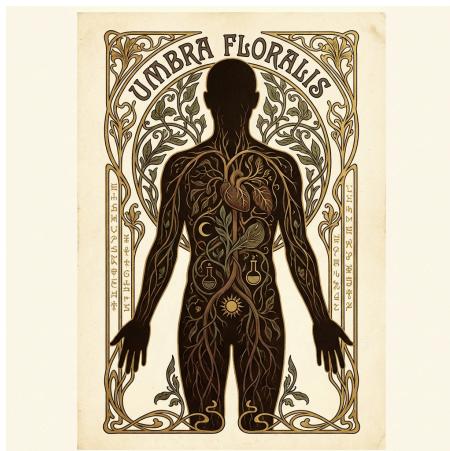
- 3. If you could rage, scream, or weep freely right now with no
consequences, what would you express?**



The Dark Garden

The darkest emotions live in the darkest places of the body. Shame curls in the belly. Rage burns in the jaw and hands. Envy coils around the heart.

Think of a “forbidden” emotion you carry. Where does it live?



Mark the figure above:

- Draw FIRE where rage burns
- Draw POISON IVY where envy coils
- Draw a CAVE or DARK POOL where shame hides

These emotions are not bad. They are **information**. What are they telling you?

Ritual: The Rage Release

This ritual allows you to express rage safely without harm.

The Rage Release

1. **Find a private space.** This is for you alone.
2. **Grab a pillow, towel, or blanket.** Twist it. Punch it. Bite it. Let your body move as it wants.
3. **Make sound.** Growl, scream, roar. Let the vibration move through you.
4. **Move.** Stomp. Shake. Push against a wall. Let your body discharge the energy.
5. **When finished, collapse.** Let yourself rest. Breathe slowly.
6. **Speak:**

“I release this fire. It does not define me. I am free.”

How do you feel after?

Phase 7: The Golden Shadow – Reclaiming Power

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.”

— Marianne Williamson

Not all of the shadow is dark. There is also a **Golden Shadow**: the parts of yourself that are too bright, too talented, too powerful—so you hid them away to fit in.

Perhaps you were told not to be too smart, too beautiful, too ambitious. Perhaps you learned that standing out meant standing alone. So you dimmed your light.

Excavate the brilliance and strengths you have hidden in the dark to avoid standing out. Reclaim your “Golden Shadow” and learn to wear your power without apology.

In this phase, you will:

- Identify your hidden gifts and talents
- Understand why you hid them
- Begin to reclaim your full brilliance

Unearthing Gold

1. What are you secretly really, really good at—but rarely show others?

.....

.....

.....

.....

2. Who in your life do you admire or envy? What qualities do they have that you wish you had? (Remember: envy points to your Golden Shadow.)

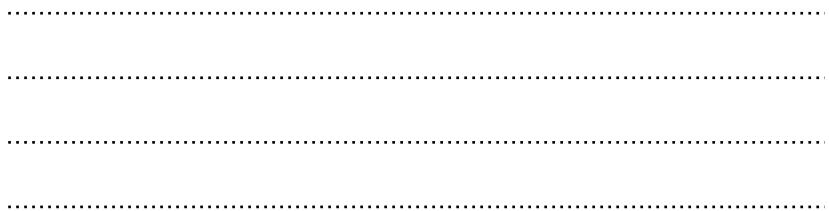
.....

.....

.....

.....

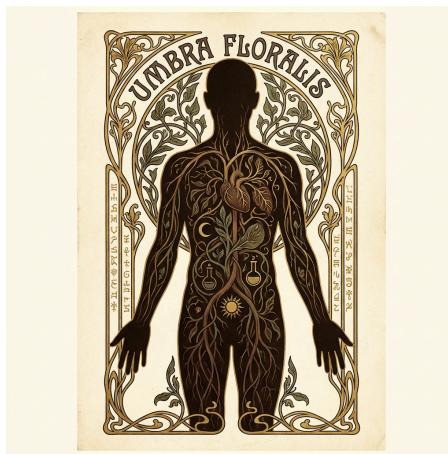
3. When you were young, what did you dream of becoming before the world told you to be realistic?



Where Does Your Light Live?

Your Golden Shadow lives in your body just as much as your dark shadow does. Often, we suppress our power through physical constriction—a collapsed chest, a quiet voice, downcast eyes.

Imagine yourself fully expressed—confident, radiant, unapologetic. Where would that energy live in your body?



Mark the figure above:

- Draw IRISES or LOTUSES where your brilliance wants to bloom
- Draw SUNLIGHT where you feel expansion and joy
- Draw GOLD THREAD connecting your hidden gifts to each other

Your power is not arrogance. It is your birthright.

Ritual: Wearing Your Crown

This ritual helps you somatically embody your Golden Shadow.

Wearing Your Crown

1. **Stand tall.** Feet rooted. Shoulders back. Chin lifted.
2. **Place your hands on your heart.** Feel the warmth of your own presence.
3. **Say aloud:**
"I am allowed to be brilliant. I am allowed to be seen. I wear my power without apology."
4. **Visualize a crown of golden light** resting on your head. Feel its weight and warmth.
5. **Walk through your day with this energy.** Notice how differently you move when you own your light.

What shifted when you wore your crown?

Phase 8: The Daily Integration Log

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

— Aristotle

Insight without action is entertainment. The real work of shadow integration happens in the small, daily moments—when you catch a projection mid-flight, when you pause before reacting, when you choose a new response.

This phase is your “renovation crew”—a set of daily templates to catch your shadow in real-time and build sustainable, embodied change day by day.

Turn insight into automation with repetitive daily templates designed to catch your shadow in real-time. This is the work that builds lasting transformation.

In this phase, you will:

- Establish a daily shadow check-in practice
- Track triggers, projections, and patterns over time
- Celebrate small wins and course-correct quickly

Daily Shadow Log

Date:

1. What triggered me today?

2. What was my body's reaction? (Where did I feel it?)

**3. What shadow part was activated? (Inner Child? Saboteur?
Golden Shadow?)**

4. What did I do? How did I respond?

.....

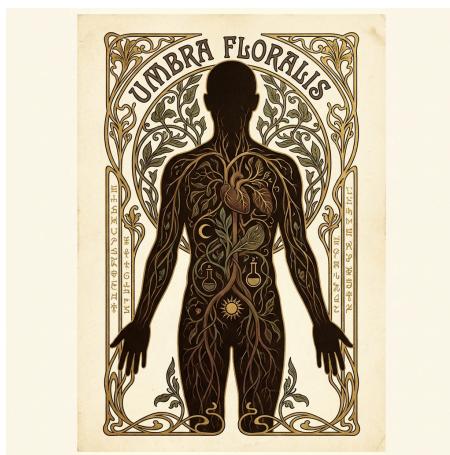
5. What could I do differently next time?

.....

.....

Weekly Reflection Map

At the end of each week, take a moment to reflect on your journey. Where did the shadow show up most this week? What patterns are emerging?



Mark the figure above:

- Draw STORMS where repeated triggers showed up
- Draw SUNBREAKS where you responded differently than before
- Draw NEW GROWTH where integration is taking root

Week of:

Biggest insight this week:

.....

.....

Ritual: The Daily Check-In

Make this a daily practice—morning or evening, just 5 minutes.

The 5-Minute Check-In

1. **Sit quietly.** Close your eyes. Take 3 deep breaths.
2. **Scan your body.** Where is there tension? Ease? Numbness?
3. **Ask yourself:**
 - “What shadow showed up today?”
 - “What part of me was reacting?”
 - “What do I need right now?”
4. **Place your hand where you need it most** (heart, belly, forehead).
5. **Say:**

“I see you. I accept you. We are whole.”

Track your consistency: M T W Th F S Su

Phase 9: Closing – The New Identity

“No tree, it is said, can grow to heaven unless its roots reach down to hell.”

— C.G. Jung

You have done the work. You have descended into the depths, met your shadows, and brought them into the light. You are not the same person who opened this journal.

This final phase is about consolidation—integrating all you have learned into a new, unified identity. An identity that includes your darkness and your light. An identity that is whole.

Consolidate your growth into a unified identity and build a long-term anti-sabotage shield. Step into a life of individuation where you are finally whole, embodied, and free.

In this phase, you will:

- Reflect on how you have changed
- Create an “Anti-Sabotage Shield”
- Write a new story for yourself

The New Story

1. Who were you BEFORE you started this journal? What was your old story?

.....

.....

.....

.....

2. What shadows did you meet? What did you learn about yourself?

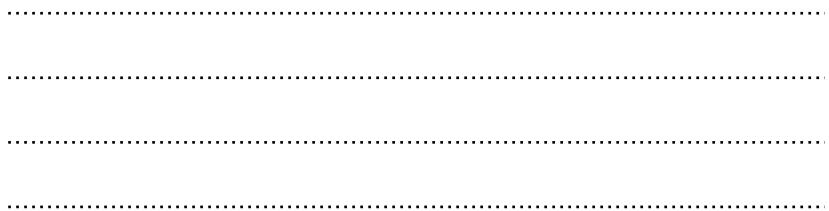
.....

.....

.....

.....

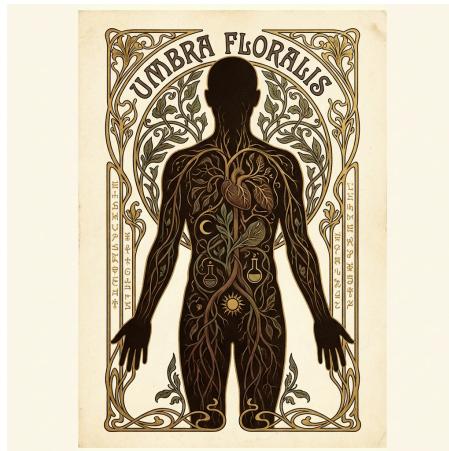
3. Who are you NOW? Write your new story in a few sentences.



The Integrated Self

You have mapped the shadows. Now, map the whole.

Close your eyes and visualize your integrated self—a being who holds both light and dark, power and vulnerability, joy and grief.



Mark the figure above with your FULL self:

- Draw ROOTS for your grounding and safety
- Draw FLOWERS for your integrated shadows
- Draw LIGHT for your Golden Shadow
- Draw a HEART for your compassion

This is you. Whole. Complete. Human.

Ritual: The Integration Ceremony

This final ritual marks the completion of your journey—and the beginning of a new life.

The Integration Ceremony

1. **Gather the seeds, letters, or objects** you have collected during this journey.
2. **Light a candle.** This is sacred time.
3. **Read aloud one thing you have learned** about each shadow you met.
4. **Hold your hands to your heart.** Say:
“I am no longer at war with myself. I welcome all parts of me home. I am whole. I am free. I am becoming.”
5. **Blow out the candle.** The container is closed. The work continues in life.

Date of Integration:

How do you feel?

Final Reflection

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

— C.G. Jung

You have completed **The Somatic Shadow Work Journal**.

But this is not an ending—it is a beginning. The shadow does not disappear; it simply becomes a companion instead of an enemy. You will continue to meet new shadows throughout your life. Now, you have the tools.

Return to this journal whenever you need to. The pages will be here. The work continues.

Thank you for doing this brave work.

You are seen. You are whole. You are free.

The Felt Sense / Somatic Shadow Work