

## 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.