

# SHADOW WORK JOURNAL



DISCOVER YOUR TRUTH AND BECOME WHOLE

Version 1.3

© 2025, Zachary Phillips. All rights reserved. No part of this workbook, accompanying audio files or any other included material or correspondence, "Shadow Work Journal: Discover Your Truth And Become Whole" 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 copyright owner, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, please contact Zachary Phillips at [zac@zachary-phillips.com](mailto:zac@zachary-phillips.com)

[www.zachary-phillips.com](http://www.zachary-phillips.com)

## Contents

<b>Part 1: Introduction To Shadow Work</b>	<b>3</b>
What Is The Shadow?	3
Benefits	4
Warning	5
Jung & The Archetypes Of Shadow Work	6
Environment Preparation	8
Do I Have To Write?	8
A Finger Pointing To The Moon	8
Mindset Primer	9
<b>Part 2: Shadow Work Journaling</b>	<b>11</b>
How To Do Shadow Work Journaling	11
Why This Works	13
Keep Your Journal Private	14
<b>Part 3: Shadow Work Activities</b>	<b>17</b>
1: The World, According To Your Shadow	18
2: Lyrics Of The Past	22
3: The Mirror's Gaze	25
4: I Am...	28
5: How You Spend Your Day	32
6: The Body Keeps The Score	35
<b>Part 4: An Invitation &amp; An Offering</b>	<b>39</b>
An Invitation:	39
An Offering:	39
<b>Part 5: Books, Resources, &amp; References</b>	<b>42</b>
<b>About</b>	<b>44</b>

## **Part 1: Introduction To Shadow Work**

### **What Is The Shadow?**

We all have a shadow, the collection of parts that lurk just below the surface subconsciously influencing every moment of our lives.

Our shadow forms the basis of our attachments, the lens through which we view the world, and is a fundamental component of our sense of self. It appears in our inner dialogue, the interpretations we ascribe to the actions of others, our outlooks on life, and our reflexive responses to unforeseen events. At times it subtly shifts our perceptions, tweaking our viewpoints and how we make sense of things. At other times it insidiously alters our very essence, throwing up triggered responses to otherwise mundane stimulus, causing us to act out emotionally and irrationally.

Simply put, our shadow consists of all the parts of ourselves that we have forgotten, repressed, or have otherwise been socialised out of engaging with. This is a natural part of growing up, in fact it is a necessary aspect of living in a community; we need to be shaped and moulded to fit the expectations and norms of our society for that society itself to function and for us to be able to function within it.

Deviate too far from the norm and you face ostracization.

This statement is not an endorsement of such behaviour, merely an expression of the lived experience we all share; be unique, be yourself, live your truth... but only in ways that don't threaten the fabric of society. Thus we conform, we repress aspects of ourselves that we judge to be unacceptable and emphasise aspects that the group seems to value. Humans are inherently social animals, and like all social animals, we evolved with the inherent understanding that we need the group to survive. We also learnt to shape the members inside the group to ensure that they are behaving in ways that promote the overall survival of the group.

That same human animal is very adaptable. It is capable of surviving across disparate and different cultures, traditions, religions, structures, ages, technologies, environments, and every other variation of the human condition you can think of and likely many more you cannot. In some circumstances, aggression and assertiveness are highly valued, prized, and necessary components of existence. In others, those same qualities may be shunned. In some families, cultures and traditions, the traits of

openness, honesty, and expression are highly valued, and an emphasis is placed on individual identity and expression. In others these very qualities are pushed aside in favour of collective coherence. Many communities promote the values of sharing, self-sacrifice, and community involvement, subtly, or not so subtly forcing the individual to put aside their wildest ego driven desire, in favour of a more harmonious existence.

We are also shaped by our experiences. Good or bad. Happy or sad. Joyous or traumatic. The things that happened to us and our responses to those experiences also leave a mark. We quickly learn that certain behaviours will lead to rewards or punishments from our caregivers, friends, and partners. We realise that when we act in a certain way, when we present certain aspects of ourselves to the world, the world responds differently, thus we change ourselves accordingly.

This process is present in everyone but is particularly apparent in people who have experienced trauma, neglect, or childhood duress. We preference survival above long term happiness and that survival comes at a cost. To survive we developed coping strategies that often involved significant alterations of behaviour, thinking patterns, and the repression of major aspects of personality.

But regardless, no matter who you are, where you were born, and what circumstances you were raised in, there are things that you had to change about yourself to fit in. Things you had to let go of and things you had to expand upon. Parts of your personality that got ignored, parts that got repressed and parts that got highlighted and emphasised.

This process leaves a shadow.

The parts of you that you had to tweak, or change, or let go of, are still there and still are vying to impact your life. This workbook will serve as an introduction to shadow work. It will help you to shine light on your shadow, offering you a way to discover your truth and become whole.

## **Benefits**

To be clear, you will discover aspects of yourself that are undesirable, that seem dangerous, that you may not wish to share in polite company. This is exactly the point. These are the parts that you've pushed down most of all. But fear not. Not only are you not alone in having a shadow (we all do), but those parts of you have always been

there and by shining light upon them, by discovering them, you are moving towards integrating with them and accepting them. You are moving toward healing. This does not involve you acting out, being aggressive, self-serving, or any of the other things that that part of you suggests you do or not do. But rather, it is an understanding and acknowledgement of its existence and the impact it is having on your life.

This workbook will help you to develop a deeper understanding of all the aspects of yourself. This understanding will help you to make better, more informed, more total, and more complete choices moving forward. By shining light on your shadow you are seeing your totality and taking the first steps towards integration.

Shadow work has the potential to offer deep insights, opportunities for wisdom and growth as well as connection to others.

As you begin to make the hidden parts of yourself visible, you will start to see their influence on yourself, and in turn begin to understand that these very same forces are working on everyone else. This will teach you forgiveness, compassion, and wisdom helping you to move on from your hurts and harms and pains. Ultimately this will enable you to make better choices which will lead to better outcomes moving forward.

Shadow work is not easy, but all the things worth doing never are. You will be challenged, confronted, and perhaps at times overwhelmed... and if you are not, you are probably not digging deep enough, or being as open and honest with yourself as you need to be.

That said, I must give you a warning.

## **Warning**

This workbook will prompt you to dig deep into your subconscious. Its goal being to shine a light on things that have previously been hidden - for a reason. Aspects of yourself, your personality, your past, and your very nature will be brought to light and these revelations can be confronting.

So before you begin, make sure that you have systems in place to help you process the things that will arise.

This may include the support of friends, family, community groups, therapists and/or coaches. It will involve an understanding of what works for you in terms of



self-care and what you need to do to return yourself back to the present moment and ground yourself. This may look like meditation, writing, exercise, hugging a pet, taking a bath, or any other number of things that work for you.

This is deep work. We are delving into the unconscious and purposely choosing to bring it to awareness. The fact that it was hidden shows its potential power. At some stage this part of you was too much to handle, so it was put underground so to speak.

Remember: you can stop at any time.

Effective shadow work threads a fine line between positive yet somewhat painful internal confrontation and awareness, with the potential for overwhelm and triggers. Only you can gauge how you are feeling as you proceed through this workbook. Only you can tell if an activity is too much or if you are not ready for it yet. So be sure to tread lightly, but also confidently in the knowledge that you have the support systems in place and this book as a guide to help you through.

If you feel you need further support in this process, I encourage you to check out my [counseling & coaching](#) services.

## **Jung & The Archetypes Of Shadow Work**

Carl Jung's concept of the shadow refers to the unconscious parts of ourselves that we suppress or deny, often because they conflict with our self-image or societal expectations. These hidden aspects can include fears, desires, and traits we deem unacceptable. Shadow work is the process of bringing these elements into awareness, integrating them with compassion, and transforming them into sources of strength and wholeness. By confronting the shadow, we reclaim lost parts of ourselves and move toward greater self-awareness and authenticity.

Jung believed that the unconscious mind is made up of both a personal unconscious, which contains repressed experiences, emotions, and forgotten memories unique to each individual, and the collective unconscious, a deeper, inherited layer shared by all humans. The collective unconscious is composed of universal symbols, instincts, and patterns of behaviour that have been present throughout human history. These patterns, known as archetypes, appear in myths, religions, dreams, and cultures across the world, shaping our thoughts, behaviours, and psychological development.

Understanding archetypes is a powerful tool in shadow work, as they reveal the deeper forces influencing our psyche. Recognizing how these universal patterns play

out in our lives allows us to become more conscious of our hidden motivations, wounds, and strengths. Some of the most well-known archetypes include:

- **The Persona:** The social mask we wear to present a certain image to the world. It helps us navigate society but can become restrictive if we over-identify with it and suppress our true self. Shadow work helps us recognize when we are overly attached to our persona and how it may be limiting our authenticity.
- **The Anima & Animus:** The feminine aspects within a man (anima) and the masculine aspects within a woman (animus). When these energies are ignored or repressed, we may struggle with imbalances in relationships, creativity, or self-expression. Shadow work helps us integrate these aspects, leading to greater inner harmony.
- **The Hero:** The part of us that seeks to overcome obstacles and grow through struggle, often driven by a quest for meaning or purpose. When left unchecked, the hero can become arrogant or consumed by a need to prove worth. Shadow work helps balance this drive with humility and wisdom.
- **The Wise Old Man/Woman:** The inner source of wisdom, intuition, and guidance. By connecting with this archetype, we learn to trust our inner voice and gain clarity on our path. Shadow work helps us recognize when we ignore or mistrust this wisdom.
- **The Trickster:** A disruptive, chaotic force that challenges norms and exposes hidden truths. This archetype can reveal suppressed emotions, fears, and illusions, forcing us to confront uncomfortable truths. Engaging in shadow work allows us to use the trickster's insights constructively rather than being thrown into chaos.
- **The Self:** The fully integrated, whole version of ourselves, achieved through individuation, the process of integrating all aspects of our psyche, including the shadow. Shadow work moves us toward this wholeness by helping us confront and heal our unconscious wounds.

By recognizing these archetypes within ourselves, we gain insight into the recurring patterns in our thoughts, relationships, and behaviours. Shadow work helps us engage with these archetypal forces consciously rather than being unconsciously

controlled by them. This awareness empowers us to break free from limiting patterns, heal unresolved wounds, and embrace the full spectrum of who we are.

## **Environment Preparation**

Shadow work is best done on your own, in a time and place that is comfortable, distraction free, safe, and available, so plan your shadow work sessions ahead of time. Some activities will require props (like a mirror, pen and paper, a chair, and desk to write on) and all require privacy.

If needed, you may need to let the family know that you are not available or asking your roommates to keep the music to a minimum for a few minutes. If they are curious about what you are doing, and you are comfortable, tell them. Print off another copy of this workbook, or send them the link, and support them to shine light on their shadow – just don't do the workbook with them, or let them do yours with you, as doing so will limit how deep you look and how freely you explore what arises.

## **Do I Have To Write?**

No. Shadow work is internal work, the pen and paper are just a tool to facilitate the process – sometimes the act of recording and reviewing a snapshot of our thoughts within a moment of contemplation or revelation is revealing and insightful.

But this process need not be done by hand - if an activity suggests that you write with pen and paper, feel free to use the notes section of your phone, a voice recorder, a computer or any other method you can think of – provided of course that your chosen device won't distract you from the task at hand with popups, notifications, social media or other apps.

## **A Finger Pointing To The Moon**

The journal and activities in this workbook are designed to get you shining light on your shadow. If you do the activities as described, you will certainly begin the process of healing and integration. But the real benefits will arise when you step beyond the activities and begin to explore what is arising on your own. These activities are like a finger pointing to the moon. They will start the process, they will point the



way, but if you want to ‘get there’ you will ultimately have to trust yourself enough to venture inwardly on your own.

It is for this reason that I want to leave you with the following meta instruction. Work with the activities below as they are presented, but not dogmatically or with rigid adherence to the form presented. If you feel the need to stay longer with a certain activity, do so. If you feel compelled to make some tweaks or changes to best shine light on your own shadow, make those changes. If something doesn’t feel right or safe or effective, trust those feelings and act accordingly.

Ideally you are approaching this entire process with a kind of ‘meta-cognition’ that is, a nonjudgmental awareness and acceptance of the things arising in your mind and body. You are doing the activity and are simultaneously curious about your internal state in response to what is arising. What’s more, you are also curious about your curiosity (or aversion) towards your own internal curiosity. Basically, the ideal mental posture to take for these activities is dualistic. Most of you is ‘all in’ on the activity, but at least 1% is observing the entirety of the process and capturing the experience and making adjustments to ensure that you are not only safe, but also getting the deepest level of insight possible. It is that 1% that may encourage you to stick with an activity – trust that part, because when it speaks, it does so for a reason, usually because it knows that you are just about to step through an important door, one that may well take you to the moon of internal integration, healing and shadow work.

## Mindset Primer

I invite you to commit yourself to the transformative process facilitated within this workbook, consider the following question as you engage with the journaling technique and activities:

**‘What attitude do I need to take in order to get the most I can out of this session?’**

Take it.

Remember, with each activity, we are not trying to engage with the rational/logical part of your mind. That part of you has chosen to do this workbook - and now that part of you needs to get out of the way and allow space for your shadow to shine.

So allow your thoughts, feelings, emotions, moods and memories to freely wander; without judgement or filter, without craving or aversion, without the need to change, diminish or enhance them. Just let them be as they are, for what they are, and in this way you will be shining a light upon your shadow, you will be discovering your truth and becoming whole.

## **Part 2: Shadow Work Journaling**

Below you will find a 5-step process of shadow work journalling. It can be completed as a once off shadow work writing activity, or used as a part of a daily, weekly or monthly shadow work process. Read it through and give it a try, then decide how to best use this approach in your own internal shadow work journey.

The more times you work with this technique, the deeper you allow yourself to delve, and the freedom of expression you embrace, the more results it will give.

The shadow work journalling process below will shine a light on your shadow, helping you to discover your truth and become whole.

### **How To Do Shadow Work Journaling**

#### **Step 1 – Preparation**

Find a time and place where you won't be disturbed, where you feel safe and comfortable and can easily write. Turn off all devices that may distract you and if needed let your family/roommates know that you are busy and aren't to be disturbed. It may help to discuss with them what you are doing and why, letting them know that this internal work will help you to be a better person: calmer, less emotionally volatile, more understanding, happier etc.

#### **Step 2 – Look Inwards**

Take a few slow and deep breaths and settle into the session. Take a moment to internally scan your physical body and your mental state. Without attempting to change anything about what you discover, just notice how you are feeling. If there are any stuck points, blockages, tensions, moods or emotions present. Accept what arises. This is you in this moment.

When you feel settled and ready, invite your shadow to speak – and when it does, listen. This invitation may be in the form of an internal dialogue, a visualisation, an emotional shift, or simply letting go and allowance of space.

Finally, when you feel compelled to write, do so.

### Step 3 - Write

Don't force the words - they will come as they come. One word or a thousand, if they come from the shadow, then this activity is a success. Any number of words that you force out, simply to fill the page, will run counter to the process. That said, this is a learnt skill, so expect that you will get more words and go deeper over time as you work with this technique.

When writing, write without judgement, filter, or thought for a future reader. Use the page as a therapist and express whatever arises. It will listen, absorb, and accept. Write, and don't stop writing until it is all out. You will know this moment; it will feel like peace.

This step alone will reveal aspects of your subconscious that you were previously unaware of.

If you need to formalise this practice, set aside a time and place each day. Set a minimum time (eg: 5 minutes), but no maximum. If nothing is coming, write that nothing is coming until it does. If nothing is still coming, write about the things you can observe (see, hear, touch, taste, and smell) or your internal state (thoughts, feelings, moods, emotions, memories).

IMPORTANT: if during the act of writing you find yourself embarrassed, or pulling back, or not wanting to write something that you may read later, or a feeling of 'not wanting to go there' – take note - it is here that you may find the deepest insights into your shadow!

### Step 4 – Read

Sometime later (a day, a week or a month), return to your writing and read it – taking care to note the differences between your current mental state and what is being evoked from your writing. Be curious about the memories and judgements and feelings that arise – being careful not to fall into them.

You are here to read and observe your response. If you discover something poignant, or feel compelled, return to step 1 above and repeat this process as many times as you feel compelled.

### Step 5 – Respond

Adopt the mental frame of the ‘wise advisor’, ‘parent’, or ‘counsellor/therapist/coach’ and respond to your writing with the advice that the part of you that wrote those words needs to hear.

From your detached perspective and with the benefit of hindsight, you can gently guide your past self out of trouble, confusion and pain. You will be able to see, and subsequently show, when there are aspects of faulty, illogical or irrational thought. You can help tweak responses moving forward and you can address aspects of the shadow that have revealed themselves.

You can choose to repeat this process as many times as you like, effectively ‘layering’ the responses and subsequent insights. On your second time through this step, you may see your shadow in your response – this can get deep and extremely meta, in a good way!

You can also choose to perform a fire ceremony or other cleansing ritual to symbolically ‘let go’ – this can be powerfully insightful and healing when aligned with your beliefs and spiritualism.

### **Why This Works**

When done right, this technique will act as an alternative way into the subconscious. With practice you will learn how to let go and simply write. You will ‘forget’ that you are going to read and review your words, and you will simply begin expressing them. This is gold. This is what you want, because you will have learnt how to let your barrier down and allowed yourself in.

Then, if you perform the ‘reading’ and ‘responding’ steps, you will be granted further insights into your internal nature, granting you a unique view of your shadow. You will quickly see when you were holding back, how you were afraid to be fully real – even though it is just for yourself. When you notice this occurring, enquire deeper. What were you afraid to write? Why? What is lying just below the surface? What would happen if next time you allowed yourself to go that little bit deeper?

To be clear, initially at least, you will hold back. Even though we know that the only person who will be reading these words is ourselves, we nonetheless feel vulnerable, exposed, and judged – and rightly so. Observe your own internal state as



your complete steps 4 & 5. What is your internal dialogue like? Are you in a place of acceptance or are you critical, concerned, or otherwise judgemental? Be curious, not only about the words you write, but also about your internal response to them. All of this, the writing, the reading, the responding, and the internal reviewing **is the technique** – this process will place your light of awareness squarely upon the shadow, allowing it to express itself, and allowing you to discover your deepest truths and become whole.

### **Keep Your Journal Private**

This is a small addition for version 1.1 suggested by a reader: remember to keep your journal private. Your subconscious may be more willing to express itself fully if you know, for certain, that your journal is stored in such a way as to ensure that it cannot be found by anyone else.

[illegible]

# Shadow Work Journal

Date:

[illegible]

## **Part 3: Shadow Work Activities**

Below you will find six comprehensive shadow work activities that will help you shine light on your shadow and in the process help you to discover your truth and become whole. They are designed to be used in conjunction with the [shadow work journaling](#) technique presented above.

Remember that shadow work only works if you do, so (with the [warning](#) considered) do these activities! Don't just read them and tell yourself you are going to come back to them later. Commit yourself to the process. Prepare the [time and space](#) needed. Get yourself into the right [mindset](#) and do these activities. Each one will have the expected time listed so will know how long to put aside as well as a space for you to reflect upon that activity afterwards.

## 1: The World, According To Your Shadow

### Time commitment:

15 minutes + 15 minutes

### Summary:

Respond to a collection of statements about the nature of your world

### Equipment Needed:

- Pen

### Detailed Instructions:

- 1) On the following page will be a collection of statements for you to respond to. Do so without thinking about your response, nor what your statements ‘mean’ or ‘reveal’ or any such analysis. Do your best to respond to each statement as quickly and as unconsciously as possible.
- 2) Once complete, take a breath and then read over your responses.
- 3) Take special notice of any responses that surprise you, shock you, or suggest something to you. Sit with these feelings and allow them the space in your mind to express themselves. Allow them to play out and observe what arises. Take your time with this process, there is no rush!
- 4) Reread your responses again and ask yourself if your responses align with the more rational and logical parts of your mind, or if they are pointing back towards the past – perhaps to your lived experience as it was, not as it is now. If you discover such a connection, curiously explore the interconnection between that aspect of your past and your life as it currently stands. Are there any aspects you need to address, or let go, or integrate? Are there any beliefs that are no longer serving you or that are inaccurate?

### Why This Works:

This activity is designed to give insight into your immediate, default and subconscious responses to your world. These are always apparent and impacting us, but we often twist, ignore, alter or move on from them so reflexively and quickly that



we may not be aware of their arrival and impact. These responses tend to taint our lived experience without our conscious awareness, causing us to change our behaviour in subtle (or not so subtle) ways. Perhaps we are a bit more on guard around certain people or in certain situations, or maybe we are overly eager to impress or act a certain way. Maybe we are holding onto a reality of the past and in doing so, causing a vicious cycle to reoccur again and again.

The more we are aware of our innate responses and default reactions, the more we can address them and act. Our shadow is hiding in plain view. This activity is a kind of solo free recall, designed to give you a glimpse into your own default nature, aka the impact of your shadow. By shining light on this aspect of our nature we become aware of it and can start to integrate and heal.

## Nature Of The World Statements

**Write your initial response to each of the following statements.**

- The world is a ..... place.
- My job.....
- My life is .....
- Humanity is .....
- Strangers are.....
- I have no .....
- I am a ..... person.
- My mum is a ..... person.
- My dad is a ..... person.
- My brother/sister is a ..... person.
- I deserve ..... from this life.
- I wish that .....
- If only..... happened, I would be..... now.
- I deserve to feel.....
- ..... was all my fault.
- I will never be .....
- I will always be .....
- My friends think that I am.....
- Secretly I know that..... which is why I .....
- The reason that I am..... is because I .....
- I never wanted to .....
- I regret.....
- I wish that I could change.....
- When ..... happens I will .....

## Journal & Reflection

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 2: Lyrics Of The Past

### Time commitment:

60 minutes

### Summary:

Listen to a favourite song of your youth, focusing on the lyrics

### Equipment Needed:

- Music player (with lyric display)
- Headphones

### Detailed Instructions:

1) Recall an emotionally poignant time in your early life, perhaps as a teen/early adult and recall the music you used to listen to. Choose a song that feels emotionally charged or holds significant meaning, that you listened to multiple times.

2) For steps 3, 4, & 5 below, take note of the feelings, memories, thoughts, and moods evoked and consider their potential meaning and implications on your life now.

3) Close your eyes and listen to the song through.

4) Play the song again, this time while reading along with the lyrics.

5) Now just read the lyrics on their own without music.

6) Note if there was a general internal sense of regression to the past – a younger part/version of you arising and perhaps asking or needing something from you. Can you identify what it is and provide it? Perhaps it is love, attention, words, or to simply be seen and heard.

7) Take a few minutes to sit with that part of yourself and offer it what it needs. No judgement, no filter, just loving acceptance along with an offering of what that part needs from you.

8) If you feel compelled, repeat this process with the album or other songs that you feel drawn to.

### Why This Works:

The lyrics of the past hold truth, even though at the time you may not have realised it. The musicians sonic and lyrical choices, the emphasis and the omissions are all artistic expression that moved you, that spoke to you, that made you feel and connect and resonate to something.

Over time that 'something' may have been lost, or forgotten, or repressed. This activity aims to draw back that something and allow you to shine the light of awareness upon it. It will give you a glimpse into your past and an insight into a part of you that is still there and still impacting your life. You will reexperience the hangups, the cognitions and lines of reasoning, and you will feel what you felt back then.

This increasing awareness, combined with the offering to give your past self what it needs will begin the process of healing and reintegration. You will start to understand who you were and how that person became who you are today, including the parts that you have held onto and the parts you have let go of.



## Journal & Reflection

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### 3: The Mirror's Gaze

Time commitment:

10 minutes

Summary:

Look into your eyes in the mirror for 5 minutes.

Equipment Needed:

- Timer
- Chair
- Mirror

Detailed Instructions:

- 1) Sit in front of a mirror and start a timer for 5 minutes.
- 2) Gaze into your own eyes and without straining do your best to maintain constant eye contact with yourself.
- 3) At the beginning of the session, say to yourself, 'This is me. This is who I am'.
- 4) Take note of your self-dialogue. What words is your inner voice choosing? Are they positive, negative or neutral? Are they judgemental and critical or are they complimentary? Notice any impulse or desires to change something about your physical appearance. Notice any desire to change your behaviour or lifestyle. Notice any physical sensations arising in your body as you stare into your eyes.
- 5) Reflect upon your findings in the space provided on the next page, then:
- 6) Recall a particularly challenging time in your life and repeat the mirror gazing activity above, but this time imagine that the eyes in the mirror belong to the version of you that existed at that time.
- 7) For the five minutes, internally offer that person (your past self) unconditional love and acceptance. This can be done with a feeling, a visualisation, or with words like 'you are loved, you are safe, you are accepted, as you are and for who you are'.

8) Return to your reflection and add your findings from part 7. Notice any connections between the reflections and if you need to, offer your current self a similar form of unconditional love and acceptance.

### Why This Works:

It has been said that eyes are the windows to the soul, yet we spend all of our time looking out and into others, yet rarely do we gaze into our own. For some, the process can be confronting and revealing. We see the scars of the past reflected back at us or we notice a strength surfacing that we didn't know we had.

The first part of this activity is designed to simply get us turning the lens of our attention onto ourselves in this moment. By looking into our eyes and noting our internal dialogue, we quickly see what we think of ourselves – this process puts a megaphone to the compliments and criticisms that are always there.

The second part of this activity is designed to open an aspect of our past that needs to be seen, accepted and loved. A lot of emotion can be released in this process, particularly if we realise a reluctance, inability, confliction, judgement or confusion as we attempt to offer that earlier part of ourselves love. If that occurred, it is a sign that you need to return to this activity to see that aspect of your past in full light and reintegrate it into the whole.

## Journal & Reflection

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 4: I Am...

### Time commitment:

15 minutes + 15 minutes

### Summary:

Free write on the prompt 'I am...'

### Equipment Needed:

- Blue pen
- Black pen
- Red pen

### Detailed Instructions:

- 1) Take a moment to sit with the phrase 'I am' – allowing whatever thoughts, feelings, emotions, moods and memories to arise, then turn to the next page and begin writing in the blue pen.
- 2) When writing, do so without judgement or filter, just express whatever arises until the page is filled (you can write more if you wish). If you find that the words have run dry, simply start on the next line with the words 'I am...' and begin again.
- 3) Put this activity aside for 1-7 days, then return to it and re-read what you wrote.
- 4) Use the red pen to circle any incorrect statements or things that no longer feel true for who you are in this moment, then use the black pen to tweak or alter accordingly. What changes need to be made to make the words in blue feel true now? How much red markings are on the page? What accounts for this difference?
- 5) Finally, reread the entire document noticing the thoughts, moods, memories, feelings and physical sensations arising as you observe the blue, black and red markings. Be curious about what you are reading and what you are noticing arise within you. Consider what would happen were you to return to this document once a week for the rest of your life. What changes would occur on the document? How much would be red? What conclusions about your own nature can you derive from this extrapolation?



### Why This Works:

We are constantly changing. Our bodies are in a constant cycle of growth and decline, and our personalities and inner worlds are constantly changing as a response to the environment. Who and what we is not stable or constant – but it *feels* as if we are.

This activity aims to highlight how you feel about yourself in the present moment. The first part gives you a snapshot view of you, as you feel about yourself, now. Not only is this snapshot subjective (they are your feelings about yourself, not the objective reality of yourself), but they are also only of that one moment. The mere act of writing out that page and reviewing those words will itself change you. Add the time delay and all of the other events that occur in your life and you will quickly see just how different you (and your perception of yourself) are.

You are change, yet your shadow will suggest that you are, have always been and will always be a certain way – cautious, angry, fearful, ugly, unlucky, etc etc. This activity draws these conceptions of yourself to the surface and shows you that over time they in fact do change – both by themselves and in response to your active awareness. This realisation can help you to overcome these ‘I am’ statements that spontaneously arise, that have the potential to catastrophically derail your mental state or twist your view on reality.

‘I am ...’

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Journal & Reflection

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 5: How You Spend Your Day

### Time commitment:

15 minutes + 15 minutes

### Summary:

Predict how much time you spend on a certain activity, then discover the truth.

### Equipment Needed:

- Elastic band or hair tie
- Note pad
- Pen

### Detailed Instructions:

- 1) At the start of your day, pick an aspect of your shadow that you want to address. For example: feelings of anger, resentment, judgement, jealousy, distraction, addiction, lust or any other emotional state that you feel isn't best serving you.
- 2) Consider the behaviours that this feeling causes. For example: arguments, raised voices, the use of social media or substances, internal criticism, alterations of how you treat family, friends, or coworkers, binge eating etc.
- 3) Place the elastic band on your left wrist, and then commit yourself to becoming actively aware of when your feeling is present or when you notice your behaviour change in response to it.
- 4) When you notice your behaviour change or the presence of these feelings, take a moment to introspect and try to determine who or what caused it to arise. Then take a brief note in the note pad, listing the time of day, the feeling/behaviour, and the potential cause.
- 5) Finally, snap the elastic band against your wrist and then move it to your right wrist and repeat this process for the rest of the day.
- 6) At the end of the day, take some time to review your list, noting how many times you moved the elastic band as well as look to see if there is a specific cause. Take a breath and introspect upon this aspect of your shadow. Offer it a chance to speak and

allow it to come to the surface. Inquire as to why the listed causes triggered it and what it needs from you moving forward. Try and provide it.

### Why This Works:

The elastic band on the wrist serves as a constant reminder of the task at hand. Every time you see it, you will remember that you are tracking something. This constant reminder will itself heighten your introspective awareness, thus granting you deeper insights in the nature of your shadow. We snap and move it as a statement that we have seen, heard and noted what was arising – as well as to keep the activity at the forefront of our mind.

The data we are collecting is not ‘scientific’ in the strictest sense, but it can serve as a starting point for introspection. When we go back over our notepad and review the feelings that arose and why, we will start to see patterns and in turn begin to shine light on our shadow. If this activity is repeated over a week or a month, we will gain significant insights into how we are spending our day and what the day’s impact really is. Over time this increased awareness will enable us to discover our truth and become whole.

There is a deeper skillset to be gained from this activity – it causes us to become more actively and continually aware of how we are spending our day, thus giving us an opportunity to make immediate changes. In the same way as tracking your diet and exercise automatically causes you to change those behaviours for the positive, or how tracking your spending instantly cuts excess, this activity will give you an almost immediate insight and awareness of how you are responding and offer you an opportunity to respond differently.

## Journal & Reflection

[illegible]

## 6: The Body Keeps The Score

### Time commitment:

30 minutes

### Summary:

Sit in silent observation of the sensations arising in your body for 30 minutes.

### Equipment Needed:

- Timer

### Detailed Instructions:

- 1) Sit in a comfortable position and start a timer for 30 minutes. Close your eyes and place your hands in your lap.
- 2) Commit to not moving for the duration of the session - that means keeping your eyes closed, your hands and legs still and your posture consistent. \*
- 3) Starting at the top of the head, scan your body, part by part and piece by piece, systematically observing the physical sensations that arise. \*\*\*
- 4) Observe these sensations without craving or aversion. Treat whatever arises with detached curiosity and equanimity. Good or bad. Pleasurable or painful. Sharp or dull. Just observe it arising without a desire for those feelings to stay or to go.
- 5) When strong feelings arise, observe their shape (where are they located?) and their components (pressure, heat, movement, depth, intensity etc). Approach these feelings with detached curiosity and equanimity.
- 6) Spend between 1 to 5 minutes on each part before moving on. If you feel nothing or feel intensely, do not dwell or fixate beyond 5 minutes.
- 7) When you notice strong physical feelings arising, also notice if there are any accompanying mental phenomena arising (thoughts, emotions, moods, memories etc) treat these mental phenomena with the same detached curiosity and equanimity as you are the physical sensations.

8) If you lose focus, forget where you are, or become otherwise distracted, simply begin again where you last remember scanning, or at the top of the head.

\* This activity will certainly be uncomfortable, particularly if you have never sat in meditation for extended periods of time. You may also feel intense pain or pleasure – so much so that you feel compelled to move. Ideally you remain still and observe these compulsions and desires to move with the same equanimity. But if it becomes too much for you to handle, move. Just do so slowly and deliberately and with awareness of your body moving and the associated alleviation of the pressure.

\*\*\* Scan in the following order. Top of the head. Back of the head. Face. Front of the neck. Chest. Belly. Groin. Left shoulder. Left arm. Left hand. Right shoulder. Right arm. Right hand. Upper back. Lower back. Bottom. Left leg. Left foot. Right leg. Right foot. Then begin again.

### Why This Works:

We store the score of our existence within our bodies. This is true, not only for deep trauma, but all aspects of our existence. The good, the bad, the ugly and everything else leaves a mark. This activity is designed to allow our body a chance to tell us its story. As we sit in silent, non-judgemental, curious awareness of the sensations arising in our body, our body will begin to let go and release some of the score it has been holding.

That knot in our belly begins to release and in doing so, it begins to tell us why it formed and what it was holding onto in the first place. By systematically scanning we are allowing all the parts of our body the time and space to open up and express. For some of our parts this maybe the first time in a long time that we have taken even a moment to give it any attention at all – thus if this part of our body has something to say, we are finally able to listen.

Chances are that our bodies have held onto aspects of our pasts. This activity acts as a tool to uncover some of those aspects. By systematically scanning our bodies we are shining light on the shadows of our past that that part of our body may be holding onto and as those parts feel safe enough to open and express, we begin to



become aware of deeper layers of our bodies, our pasts and our shadows. This process allows us to become whole, because we are now more aware of the hidden burdens we have been carrying around for so long.

## Journal & Reflection

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## **Part 4: An Invitation & An Offering**

A non-integrated shadow will continue to impact your life until you shine the light of awareness upon it and begin the process of acceptance and integration. This will take time, effort, and continual practice. The journaling technique and activities within this workbook are designed to help – so repeat them, experiment with them, and tweak them to best suit your own needs, experiences, and responses. **Continue to look inwards until you have discovered your truth and became whole.** It is my sincerest hope that this workbook has been of value and continues to serve. It is yours to keep, reuse, and share as you like.

### **An Invitation:**

I invite you to connect with me and share your experiences, insights, and internal discoveries. [Email](mailto:zac@zachary-phillips.com): [zac@zachary-phillips.com](mailto:zac@zachary-phillips.com), with the subject ‘Shadow Work Journal’, or connect with me on social media [@zacpphillips](#).

### **An Offering:**

If you are looking to delve deeper into shadow work or are after personal guidance, I have an offering for you to consider: [Hunt Your Own Shadow](#) is an exclusive 12-part self-paced course that will help you identify and release the limiting beliefs that no longer serve you.



**Your shadow is the gateway to a more authentic you.**

[Hunt Your Own Shadow](#) is your guide to profound inner work. Through powerful insights, guided prompts, and proven techniques, you'll navigate your shadow, heal unresolved wounds, and reintegrate the parts of yourself you've long ignored.

This course is your invitation to turn inward, to face what's been hidden, meet what's been feared, and reclaim the parts of yourself that have been waiting to be seen.

Are you ready to face what's been hidden and step into your truth?

### **What's Inside:**

- 12 x Guided Meditation & Contemplations
- 12 x Introspective Prompts
- 12 x Expansion Challenges
- A Comprehensive Instructional PDF Guidebook
- Email Support With Each Part of the Course

[Yours as part of the The Art Of Self-Connection Community.](#)

This isn't just about healing, it's about meeting your shadow head-on, embracing every part of yourself, and reclaiming your full power.

Are you ready to face what's been hidden and step into your truth?

Hunt Your Own Shadow will act as a guide, offering insights, prompts and suggestions that will help you to dive into your shadow, reintegrate, heal, and grow.

[Click here](#) to find out more, and watch the intro video [here](#).



## **Part 5: Books, Resources, & References**

### **The Archetypes and The Collective Unconscious - Carl Jung**

This is a foundational text by Jung, part of his *Collected Works* (Volume 9, Part 1). It discusses archetypes, symbols, and the structure of the collective unconscious.

### **Man and His Symbols – Carl Jung**

This is one of Jung's more accessible books, aimed at a general audience. It gives insight into his theory of symbols, the unconscious, and archetypes.

### **Shadow and Evil in Fairy Tales - Marie-Louise von Franz**

A student of Jung, von Franz explores the shadow and archetypes in fairy tales, which can provide a more narrative and symbolic perspective on these ideas.

### **Owning Your Own Shadow: Understanding the Dark Side of the Psyche - Robert A. Johnson**

This is a more modern take on Jung's concept of the shadow and offers practical advice on integrating the shadow into conscious life.

### **Journal of Analytical Psychology**

A leading journal on Jungian analysis. It regularly publishes articles on archetypes, shadow work, and related psychological topics.

### **Spring: A Journal of Archetype and Culture**

A publication dedicated to archetypal psychology and Jungian thought. It includes scholarly articles, essays, and reflections on themes like the shadow and the collective unconscious.

### **Jung Journal: Culture & Psyche**

This journal explores the intersections of Jungian psychology and culture. It often includes discussions on shadow work, archetypes, and symbolic meaning in modern life.

### [r/ShadowWork](#)

A subreddit that focuses on shadow integration process as created by Carl Jung.

### [r/Jung](#)

A subreddit that discusses the ideas and life of Carl Jung and all things Jungian.

### [Hunt Your Own Shadow](#)

A 12-part self-paced course that will help you identify and release the limiting beliefs that no longer serve you.



## About Zachary Phillips

Zachary Phillips is a [counselor & coach](#), meditation instructor, author, and poet.

He helps entrepreneurs, spiritualists, and survivors identify and release the limiting beliefs that no longer serve. With compassion and insight, he supports them as they navigate dark nights of the soul and find peace, guiding them from surviving to passionately thriving using tips, tools, and techniques that enable them to process the past, accept the present, and embrace the future with positivity and purpose.

Zachary is also a qualified teacher, meditation instructor, personal trainer, Reiki master, and is currently studying a Master of Counseling.

Web: [www.zachary-phillips.com](http://www.zachary-phillips.com)

Email: [zac@zachary-phillips.com](mailto:zac@zachary-phillips.com)

Social: [@zacpphillips](#)

