

Shadows

To confront a person with his shadow,
is to show him his own light
~ Carl Jung

Journaling question:

How does the illusion of separation feed the shadow?

Shadow Work Questions:

1. Who's annoying you?
2. What's the character trait in them you're rejecting?
3. Have you ever exhibited this character trait yourself?
4. How do you feel about that?
5. How did it serve you?
6. How may it have served the people around you?
8. Are you willing to forgive yourself?

