

# 35 Shadow Work Journal Prompts

1. What sides of yourself do you keep hidden and why?
2. What mindset and emotions do you think drive your actions and choices most of the time?
3. Which emotions do you tend to avoid, and what actions do you not take?
4. Where in your life have you held back or silenced yourself?
5. What beliefs about yourself don't fit who you truly are? (And where or who did they come from?)
6. Describe any experiences that made you question your worth or value. How has it shaped your actions since?
7. Have you noticed any patterns, similar people, or repeating lessons in your life? What is the energy behind these people or things showing you?
8. What dreams and goals do you shun because you don't believe in yourself, or you don't think it's possible?
9. What old pain or trauma are you ready to let go of?
10. Write about a time you kept quiet, made a certain choice, or changed something about yourself to feel accepted.
11. What's something you wish you had received as a child, and how can you provide it for yourself now?
12. What fears or negative thoughts are influencing your decisions?
13. What stories from your past have the most hold on you today?
14. How does your self-perception or self-concept influence your relationships?
15. Where might you be avoiding responsibility in your life? Who or what are you blaming?
16. In what areas of your life do you seek approval, and what need does this stem from?
17. What part of your inner healing or growth have you been avoiding because it feels too heavy or difficult?

18. How are you at your best, and how are you at your worst? What balance can you find between being your best self and giving yourself grace when you're not at your best?
19. What triggers you the most and brings out the most intense reactions? How can you increase your trigger reaction threshold and be less bothered? How can doing so increase your personal power?
20. Write about your deepest fears surrounding rejection or other people's judgment.
21. Where do you feel the most resentment, and why?
22. Where does most of your anger stem and who are you mad at, if anyone? How can you release anger from the past?
23. When feelings of "not good enough" emerge, how can you shift your thoughts to greater self-love?
24. What past experience are you still holding onto, and how is it keeping you from feeling peace in the present?
25. What mistakes do you need to forgive yourself for?
26. When you fail or fall short, how do you treat yourself?
27. Describe any shame you're holding on to.
28. What limiting beliefs do you suspect you have?
29. What do you crave most when you feel down, and how can you try to meet that need in a healthy way?
30. Describe any feeling of hopelessness or inevitableness, then write a few ideas that challenge those thoughts.
31. What beliefs do you hold that might limit your growth when it comes to your relationships, career, income, or something else?
32. What feelings do you suppress because they don't fit the image of who you think you "should" be?
33. What version of yourself do you love the most, and which do you want to let go of?
34. What would it look like to truly love yourself?
35. What do you need to feel stronger, more self-loving, and free yourself from stress?