



MEETING YOUR SHADOW

A Pre-Shadow Work Discovery Guide

11 Questions to Illuminate What Hides in the Dark



Before you can do the real work, you need a map. These 11 questions aren't meant to be answered quickly — they're meant to be felt into. Let each one sit with you. Notice what tightens. Notice what you want to skip. That resistance? That's exactly where your shadow lives.

HOW TO USE THIS GUIDE

- Write your answers in your own journal — there's no right way, only your way.
- Don't rush. Return to a question multiple times if it calls you back.
- Bring your reflections to the Shadow Work Circle to explore them together.

1 What emotions do I try to avoid?

- *Why am I afraid to feel them?*
- *What do I think will happen if I allow myself to actually feel them?*

Shadow insight: Emotions we avoid don't disappear. They go underground and run the show from there.

2 How do I show up for others but fall short for myself?

- *Where do I give freely to others what I refuse to give to myself?*
- *What would it look like to extend that same care inward?*

3 What toxic patterns keep recurring in my relationships?

- *With family, friends, or a partner — what dynamic plays on repeat?*
- *What is my role in that pattern?*

Shadow insight: Patterns that repeat are patterns asking to be seen.

4 What unresolved pain continues to shape my thoughts and choices?

- *Which memories still have a charge when you revisit them?*
- *How do you see them playing out in your current life?*

5 In what ways do I project my own unresolved issues onto others?

- *Who triggers you most — and what does that tell you about yourself?*
- *What are you accusing others of that might also be true of you?*

Shadow insight: What irritates us in others is often a mirror of what we haven't faced in ourselves.

6 What parts of myself do I hide to fit in or avoid rejection?

- *What do you mask in public? What opinions, traits, or feelings stay hidden?*
- *When did you first learn that this part of you wasn't acceptable?*

7 What fears and insecurities are lurking just beneath the surface?

- *The ones you'd rather not admit even to yourself?*
- *How do those fears quietly steer your decisions?*

8 Are there parts of myself I feel ashamed or embarrassed about?

- *What are they, and where did that shame come from?*
- *Whose voice is attached to that shame — is it actually yours?*

Shadow insight: Shame thrives in silence. The shadow doesn't need your judgment. It needs your attention.

9 In what ways do I self-sabotage my own progress or happiness?

- *Where do you consistently get in your own way?*
- *What belief might be underneath that behavior?*

10

What aspects of myself do I judge and criticize the most?

- *The inner critic is relentless — what does it focus on?*
- *What would it mean to let go of even a fraction of that judgment?*

Shadow insight: The things we judge most harshly in ourselves are often the things we most need to reclaim.

11

What do I constantly lie to myself about, and why?

- *The stories you tell yourself that you know, somewhere deep down, aren't fully true.*
- *What are those stories protecting you from?*

This is the big one. Sit with it as long as you need to. The truth doesn't rush.



YOU JUST MET YOUR SHADOW.

These questions are the beginning, not the destination. What you found here — the discomfort, the recognition, the places you went quiet — that's real data about yourself. That's your shadow trying to be seen. It's not something to fix or fight. It's something to integrate.



WHAT COMES NEXT

Bring your journal to the Shadow Work Circle — a live community gathering where we go deeper together in real time.

In the circle, you won't perform your healing. You'll actually do it.
Look for the next event at groundedfirerevolution.com

Join the community: groundedfirerevolution.com

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