Journal

This Journal Belongs To:

_____

We all have parts of us that we keep hidden in the shadows out of fear and shame. The parts of us that we deny because they would be judged as 'bad' and we might be rejected.

These parts need to be healed.

Accepting every part of yourself, the good and the not-so-good, allows you to live a fulfilled and whole life. It allows to you express all parts of ourselves.

This is why doing shadow work is so important.

What is a promise to yourself that you have broken or continue to break? Why?

In what ways do you feel guilty? Why? How can you let go of that guilt?

In what ways do you envy others? How can you let go of the jealousy?

If you could write a letter to a person that hurt you, what would you say?

In what ways do you feel guilty? Why? How can you let go of that guilt?

How do you show up for others? Do you show up for yourself?

What is something that triggers you? Why and what can you do to make it stop?

What is something that other people do that annoys you? How does this reflect on you?

Do you dislike (or even hate) anyone? What about them do you not like?

Do you have boundaries in place? If not, how can you set boundaries for yourself?

What is an embarrassing memory you have? Why was it embarrassing? Is it still?

What do you need to forgive yourself for? How would you begin the process?

What does self love mean to you? How can you love yourself unconditionally?

What is a perceived weakness you have? How could this also be seen as a strength?

If you had everything you desired, what would your life look like?

How would you describe yourself to someone who has never met you?

Do you truly love, honor, and accept yourself? If so, how do you feel? If not, why?

What is something you've been wanting to do but have been too afraid to try? Why?

Have you ever shown your true self to another and been rejected? What did you do?

What negative mindsets do you need to let go of? How have they affected your life?

Do you try to hide any parts of yourself from others? Why do you hide these parts?

What are some of your limiting beliefs? How have they been holding you back?

What emotions do you typically avoid feeling? (i.e. anger, resentment) Why?

Have you ever wronged or let down another person? Have you forgiven yourself?

Do you ignore your own feelings, thoughts, needs, or desires? Why?

What do you still need to be healed from? How can you take the first step to healing?

What parts of yourself do you neglect, ignore, and/or suppress? What if you didn't?

Do you have negative patterns that keep appearing in your life? How do you fix them?

What are your triggers or pet peeves? Where do you think they stem from? Why?

Have you grown as a person over the years? How do you still need to grow?