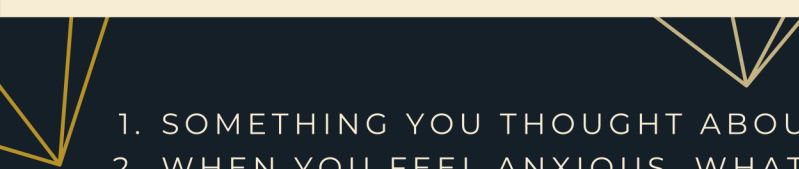




# Shadow Work Prompts

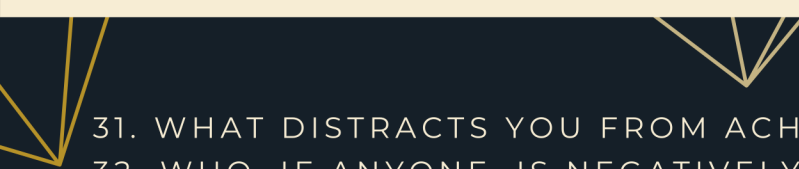
60 BEGINNER SHADOW WORK PROMPTS FOR THOSE STARTING  
THEIR MENTAL HEALING PROCESS

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1. SOMETHING YOU THOUGHT ABOUT A LOT AS A CHILD WAS...
  2. WHEN YOU FEEL ANXIOUS, WHAT IS YOUR COPING MECHANISM?
  3. YOUR MORNING ROUTINE IS... IT COULD BE...
  4. IF MONEY WASN'T AN ISSUE, YOU WOULD PERSUE...
  5. ADVICE YOU WOULD GIVE YOUR 6 YEAR OLD SELF
  6. ADVICE YOU WOULD GIVE YOUR 16 YEAR OLD SELF
  7. ADVICE YOU WOULD GIVE YOUR FUTURE SELF
  8. SOMETHING YOU NEED TO FORGIVE YOURSELF FOR
  9. ONE GOOD MEMORY FROM YOUR CHILDHOOD
  10. WHO ARE THE PEOPLE IN YOUR LIFE THAT MAKE YOU HAPPY?
  11. COULD YOU IMPROVE ANY OF YOUR DAILY HABITS? HOW?
  12. WHAT DOES UNCONDITIONAL LOVE LOOK LIKE TO YOU?
  13. HOW COULD YOU REMIND YOURSELF THAT YOU ARE ENOUGH?
  14. WHO DO YOU MOST ADMIRE? WHY?
  15. DESCRIBE YOURSELF IN 1 WORD. WHY DID YOU CHOOSE THAT ONE?
  16. HOW DO YOU REACT TO CHANGE?
  17. WHAT ARE 3 THINGS YOU NEED TO STOP DOING?
  18. WHAT'S ON YOUR MIND RIGHT NOW?
  19. WHAT'S SOMETHING YOU CAN'T SEEM TO LEAVE IN THE PAST?
  20. WHAT ARE YOU MOST PROUD OF?
  21. WHAT DRAINS YOU? WHAT EXCITES YOU?
  22. WHAT ARE YOU LOOKING FORWARD TO TODAY?
  23. WHAT ARE SOME QUALITIES YOU'D LIKE TO IMPROVE/CHANGE?
  24. WHAT MADE YOU SMILE TODAY?
  25. WHAT ARE 5 THINGS YOU ARE GRATEFUL FOR?
  26. CURRENTLY, WHAT ARE YOUR 3 BIGGEST GOALS?
  27. HOW HAVE YOU BEEN FEELING RECENTLY?
  28. WHAT DO YOU NEED TO GET OFF YOUR CHEST TODAY?
  29. WHAT WERE YOUR HIGHS THIS WEEK? YOUR LOWS?
  30. WRITE ABOUT A STRUGGLE YOU OVERCAME



# Shadow Work Prompts

60 BEGINNER SHADOW WORK PROMPTS FOR THOSE STARTING  
THEIR MENTAL HEALING PROCESS

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31. WHAT DISTRACTS YOU FROM ACHIEVING YOUR GOALS?
  32. WHO, IF ANYONE, IS NEGATIVELY AFFECTING YOUR MENTAL HEALTH?
  33. WRITE ABOUT A TIME YOU FELT PROUD OF YOURSELF
  34. WHAT DOES CONFIDENCE MEAN TO YOU?
  35. WHAT DID YOU LEARN ABOUT YOURSELF IN THE LAST YEAR?
  36. HOW DO YOU WANT TO THINK AND FEEL ABOUT YOURSELF?
  37. WHAT ARE 5 THINGS YOU DO REALLY WELL?
  38. WHAT IS YOUR BIGGEST DREAM?
  39. WHAT DOES SUCCESS MEAN TO YOU?
  40. HOW COULD YOU SIMPLIFY YOUR LIFE?
  41. WHAT'S A TIME IN YOUR LIFE YOU OPENED UP AND FELT REJECTED?
  42. WHAT NEGATIVE EMOTIONS DO YOU AVOID? WHY?
  43. WHAT TRAITS DO YOUR PARENTS HAVE THAT YOU HOPE YOU DON'T?
  44. WHICH OF YOUR "WEAKNESSES" COULD ACTUALLY BE STRENGTHS?
  45. DO YOU HAVE ISSUES WITH TRUST? IF SO, WHY?
  46. WHICH SITUATIONS HAVE SHAPED YOUR PERSONALITY? HOW?
  47. WHILE REFLECTING ON YOUR CHILDHOOD, WHAT MAKES YOU UPSET?
  48. WHAT IS SOMETHING YOU ARE HYPER CRITICAL ABOUT? WHY?
  49. WHAT ARE YOUR DEFENCE MECHANISMS? WHERE ARE THEY FROM?
  50. IN WHAT WAYS ARE YOU PRIVILEGED?
  51. HAVE YOU EVER TREATED SOMEONE IN A WAY YOU REGRET? WHO?
  52. WHAT WAS A TIME YOU DIDN'T STAY TRUE TO YOURSELF?
  53. WHERE DO YOU WANT TO BE IN 5 YEARS?
  54. WHAT IS SOMETHING YOU ARE AFRAID TO DO?
  55. ON A SCALE OF 1-10, YOUR MENTAL HEALTH IS AT A [X], BECAUSE...
  56. WHAT MAKES YOU FEEL IN CONTROL OF A SITUATION?
  57. DO YOU FEEL GUILTY WHEN YOU PUT YOURSELF FIRST? IF YES, WHY?
  58. WHAT STRESSES YOU OUT? HOW COULD YOU REDUCE THIS STRESS?
  59. DO YOU FIND IT HARD TO FORGIVE? IF YES, WHY?
  60. BRAIN DUMP ALL YOUR WORRIES FROM THIS WEEK