

50 Shadow Work Journal Prompts

A GROUNDED PRINTABLE FOR SELF-CONCEPT AND MANIFESTATION PRACTICE

Shadow work is a depth-psychology practice of noticing parts of the personality that have been rejected, hidden or projected. It is not a manifestation technique and it is not a substitute for therapy. Here it is used as a careful companion to self-concept work: first name the old pattern, then choose a more useful assumption and a responsible action.

How to use these pages

Choose one prompt, not an entire section. Write for ten minutes without trying to sound wise. Separate what happened from the meaning you assigned to it. End by naming one grounded action or revised assumption. If a prompt feels overwhelming, stop. Work involving trauma, self-harm, abuse or severe distress belongs with a qualified mental-health professional.

A useful four-line method

1. Event

What happened, stated without interpretation?

2. Reaction

What did I feel, think or want to do?

3. Belief

What assumption sat beneath that reaction?

4. Integration

What can I acknowledge, revise and act on now?

Triggers and charged reactions

1. What behaviour in other people produces a reaction larger than the moment seems to warrant?

2. What criticism stays with me longest, and what fear might it touch?

3. When did I last feel excluded, dismissed or overlooked? What meaning did I give it?

4. What situation makes me defensive before anyone has accused me?

5. Which emotion do I judge most harshly in other people?

6. What do I envy, and what unclaimed desire might the envy reveal?

7. Where do I say “it does not matter” when it plainly matters to me?

8. What recurring irritation may be asking for a boundary or an honest admission?

Projection and the qualities I disown

9. Which trait in another person do I repeatedly condemn?

10. Where might a quieter version of that trait live in me?

11. Whose confidence feels arrogant to me, and what permission do I deny myself?

12. Which kind of person do I try hardest not to resemble?

13. What compliment do I struggle to accept?

14. What admirable quality do I place entirely in someone else?

15. Where do I expect others to express anger, ambition or need on my behalf?

Self-concept and identity

16. What must I believe about myself for this recurring pattern to make sense?

17. Which identity do I keep rehearsing because it feels familiar?

18. What do I believe I must earn before I can be loved, secure or respected?

19. What old label still organises my choices?

20. Whose voice do I hear when I tell myself I am too much or not enough?

21. What would become possible if that label were no longer true?

22. Which version of me am I afraid others would reject?

23. What quality in me needs recognition rather than correction?

Avoidance, control and protection

24. What am I postponing because beginning would expose me to judgement?

25. What do I control when I cannot control how I feel?

26. Which habit protects me from disappointment but also prevents movement?

27. Where do I confuse certainty with safety?

28. What truth do I already know but keep asking others to decide for me?

29. What would I have to feel if I stopped distracting myself?

30. What boundary have I avoided because I fear another person's response?

Relationships and attachment

31. What role do I automatically take in close relationships?

32. What treatment do I tolerate because it confirms an old story?

33. What do I assume silence, delay or distance means about me?

34. Where do I abandon my own needs to prevent abandonment?

35. What quality do I demand from others while withholding it from myself?

36. What relationship pattern first taught me that love must be earned?

37. How would I respond differently if I believed I was already secure?

38. What would honest self-respect ask me to do next?

Prosperity, visibility and receiving

39. What did I learn about people who are prosperous or visible?

40. What do I fear I might lose if I became more successful?

41. Where do I make myself smaller to remain acceptable?

42. What opportunity have I dismissed before it could reject me?

43. What do I believe receiving obligates me to give back?

44. Which form of support is hardest for me to accept?

45. What would enoughness look like in one ordinary day?

Integration and revised assumptions

46. What is the protective purpose of the part of me I have been judging?

47. What does that part need to hear from my present-day self?

48. What fact can I acknowledge without turning it into my identity?

49. How could I meet this pattern with responsibility rather than shame?

50. What more useful assumption fits the evidence I want to create?

51. What small action would embody that assumption today?

52. If tonight's difficult moment ended differently, what would I see and hear?

53. What will I practise remembering the next time this trigger appears?

Trigger → belief → revised assumption

THE TRIGGER

What happened?

THE STORY I ATTACHED

What did I decide it meant?

THE OLDER PATTERN

When have I felt this before?

THE REVISED ASSUMPTION

What grounded, present-tense assumption will I practise?

THE EMBODIED STEP

What small action today agrees with it?

Source note

The term “shadow” belongs to the analytical psychology associated with C. G. Jung. The manifestation connection in this folio is a practical interpretation by Reality Manuscript: examining an unowned belief can clarify the self-concept a person repeatedly assumes. Neville Goddard’s revision practice provides a separate method for imaginatively revisiting a completed event. These traditions should not be treated as historically identical.

Further reading

C. G. Jung, *Aion: Researches into the Phenomenology of the Self*. Society of Analytical Psychology, “The Shadow.” Neville Goddard, *The Pruning Shears of Revision* (1954).