

MARINA GOVIER / MG GLOBAL COACHING ACADEMY

*THE
SHADOW
WORK*

Journal

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The Shadow Work Journal

Step 1: Identifying Your Shadow

Your shadow self consists of the parts of you that you have rejected or suppressed.

Reflect on: - What emotions do I avoid feeling? - What traits do I dislike in others, and how might they reflect something within me? - What childhood experiences shaped my current fears and insecurities?

Step 2: Exploring Your Triggers

Triggers reveal areas that need healing. Ask yourself: - What situations or people trigger strong emotional reactions in me? - Why do these experiences affect me so deeply? - What belief or past event might be at the root of this trigger?

Step 3: Embracing Self-Acceptance

Healing happens when you accept yourself fully. Reflect on: - How can I show love and compassion to the parts of myself I judge? - What would I say to my younger self who first experienced this pain? - How can I reframe my perceived flaws as strengths?

Step 4: Transforming Limiting Beliefs

Negative beliefs often come from past experiences. Ask: - What limiting beliefs do I hold about myself and the world? - Where did these beliefs originate? - How can I replace them with empowering truths?

Step 5: Integrating Your Shadow

Shadow work is about integration, not elimination. Reflect on: - How can I express my emotions in a healthy way? - How can I use my past wounds as a source of strength and wisdom? - What new habits or mindset shifts will help me move forward?