**Shadow Work Tasks**

The shadow self is the side of ourselves that we often try to ignore, but can’t! It may show itself as low self-esteem, fear, or anxiety. It may show through your actions and reactions.

Shadow work is a process of getting to know and accept all aspects of ourselves and our personalities, through self-reflection.

It is natural to want to hide our shadow self, but it is important to acknowledge that it is there, as an act of self-love.

The following 10 shadow work prompts were developed by Kate Tunstall (2022), as part of her *75 Shadow Work Prompts for Healing and Growth* at <https://www.refinedprose.com/shadow-work-prompts/>.

**1.** How do you think people see you?  
i) How would they describe you?  
ii) How do you feel about that?

**Write it down:**

**2.** What in your life gives you the most purpose?

**Write it down:**

**3.** What makes you feel unhappy? How do you tend to fill that void?  
i) What are some healthy strategies you might develop to overcome feelings?

**Write it down:**

**4.** List out your core values.  
i) Are you living in alignment with them? What could you change to be more in harmony with them?

**Write it down:**

**5.** What do you wish people understood about you?  
i) How might you be better able to demonstrate the quality that people tend to overlook?

**Write it down:**

**7.** What does freedom mean to you?

**Write it down:**

**8.** What makes you feel most valued?

**Write it down:**

**9.** What would you most like to be recognised for?

**Write it down:**

**10.** What is your definition of failure?

i) What makes these circumstances uncomfortable?

ii) Imagine yourself in this situation and write down five things you *believe* people would think about you if you failed?

iii) Now write down five things you *hope* people would think of you?

**Write it down:**