

THE SHADOW

THINGS I DISLIKE IN MYSELF:

THINGS I COMPLAIN ABOUT:

THINGS I STRUGGLE WITH:

THINGS I DISLIKE IN OTHER PEOPLE

THINGS I CRITICISE IN OTHERS:

THINGS I ENVY IN OTHERS:

SHADOW WORK

Use this space to create a mindmap or web of your shadow. Take your answers from The Shadow side and explore how they connect to each other.