

SHADOW INTEGRATION TOOLKIT

TOOL 1: THE "I AM THAT" EXERCISE

ACTION: WHEN YOU FIND YOURSELF JUDGING SOMEONE ELSE'S BEHAVIOR, STOP AND WHISPER TO YOURSELF, "I AM THAT."

PURPOSE: THIS BREAKS THE "US VS. THEM" NARRATIVE AND REMINDS YOUR NERVOUS SYSTEM THAT YOU ARE CAPABLE OF THE SAME HUMAN TRAITS, WHICH REDUCES SHAME.

TOOL 2: DIALOGUING WITH THE DARK

ACTION: IF YOU FEEL A "SHADOW" EMOTION LIKE DEEP ENVY OR RAGE, DON'T PUSH IT AWAY. IMAGINE THAT EMOTION IS A VERSION OF YOU AT AGE 5 OR 15.

ASK IT: "WHAT ARE YOU TRYING TO PROTECT ME FROM?" OR "WHAT DO YOU NEED THAT YOU AREN'T GETTING?"

TOOL 3: THE SHADOW JOURNAL PROMPT

ACTION: FINISH THIS SENTENCE: "THE THING I WOULD BE MOST EMBARRASSED FOR PEOPLE TO KNOW ABOUT ME IS..."

INTEGRATION: WHATEVER FOLLOWS THAT SENTENCE IS A ROOT THAT NEEDS YOUR ATTENTION AND COMPASSION.

IMPORTANT SAFETY NOTE

SHADOW WORK CAN BE "HEAVY" FOR THE NERVOUS SYSTEM.

THE TIP: ALWAYS DO SHADOW WORK FROM A PLACE OF SELF-COMPASSION. IF YOU START TO FEEL "FLOODED" OR DISSOCIATIVE, STOP AND USE THE SOMATIC GROUNDING TOOLS FOUND IN OUR NERVOUS SYSTEM SANCTUARY SECTION OF THE VAULT.