

A GUIDE TO IDENTIFYING YOUR HIDDEN SELF

SHADOW MAP

BRINGING THE "UNOWNED" PARTS OF YOUR
STORY INTO THE LIGHT OF INTEGRATION.

WHAT IS THE SHADOW?

THE SHADOW IS A TERM COINED BY CARL JUNG. IT REPRESENTS EVERYTHING ABOUT OURSELVES THAT WE HAVE REPRESSED, DENIED, OR DISOWNED BECAUSE WE WERE TOLD (BY PARENTS, SOCIETY, OR RELIGION) THAT THOSE TRAITS WERE "UNACCEPTABLE."

- YOUR SHADOW CONTAINS YOUR "DEMONS" (RAGE, GREED, SELFISHNESS), BUT IT ALSO CONTAINS YOUR "GOLDEN" TRAITS (CREATIVITY, POWER, SEXUALITY) THAT YOU WERE AFRAID TO OWN.
 - THE GOAL: WE DON'T "KILL" THE SHADOW; WE INTEGRATE IT. A TREE IS ONLY AS STRONG AS ITS DEEPEST ROOTS.
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THREE ACCESS POINTS TO FIND YOUR SHADOW

ACCESS POINT A: EMOTIONAL PROJECTION (THE MIRROR)

WHATEVER YOU FIND "INTOLERABLE" IN OTHER PEOPLE IS USUALLY A DISOWNED PART OF YOURSELF.

- THE TOOL: THINK OF SOMEONE WHO DEEPLY TRIGGERS OR IRRITATES YOU.
- THE QUESTION: WHAT SPECIFIC TRAIT DO THEY HAVE THAT YOU CAN'T STAND? (E.G., "THEY ARE SO LAZY" OR "THEY ARE SO LOUD").
- THE SHADOW DISCOVERY: WHERE IN YOUR LIFE ARE YOU NOT ALLOWING YOURSELF TO BE LAZY OR LOUD? YOUR SHADOW IS LIKELY THE SUPPRESSED VERSION OF THAT TRAIT.

ACCESS POINT B: THE "JUDGE" (YOUR OVERREACTIONS)

WHEN YOU HAVE AN "OUTSIZED" REACTION TO A SMALL EVENT, YOUR SHADOW IS SPEAKING.

- THE TOOL: LOOK FOR THE "SHOULDs."
- THE QUESTION: WHEN DO YOU FIND YOURSELF SAYING, "THEY SHOULD KNOW BETTER" OR "I SHOULD NEVER FEEL THIS WAY"?
- THE SHADOW DISCOVERY: THE "SHOULD" IS A FENCE. WHAT IS LIVING ON THE OTHER SIDE OF THAT FENCE THAT YOU ARE AFRAID TO LET OUT?

ACCESS POINT C: THE "GOLDEN SHADOW" (ADMIRATION)

WE ALSO PROJECT OUR GREATNESS.

- THE TOOL: THINK OF SOMEONE YOU IDOLIZE.
- THE QUESTION: WHAT TRAIT DO THEY HAVE THAT YOU THINK YOU COULD NEVER POSSESS? (E.G., "THEY ARE SO BRAVE" OR "THEY ARE SO ARTICULATE").
- THE SHADOW DISCOVERY: THAT BRAVERY IS ACTUALLY A SEED INSIDE YOU THAT YOU'VE KEPT IN THE DARK. YOU ADMIRE IT IN THEM BECAUSE YOUR SOUL RECOGNIZES IT AS YOURS.