pensio

Shadow Work Journal

20 min

Explore the parts of yourself you usually avoid — hidden beliefs, suppressed emotions, and unconscious patterns.

*Note**: This template is designed for personal reflection and self-awareness. It is not a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please contact a mental health professional or call your local emergency services.*

SECTION 3

What emotion have I been avoiding lately?

SECTION 4

When did I last feel triggered? What was really behind it?

SECTION 5

What pattern keeps repeating in my life?

SECTION 6

What would I never say out loud? (Write it here.)

SECTION 7

What would it look like to accept this part of myself?

SECTION 8

One thing I want to release today:

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