

my
Shadow Work
Journal

30 DAY SELF COACHING JOURNAL

a journal from

Sober *AF* .org
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Welcome to your 30-day self-coaching journal for shadow work!

This journal is designed to help you explore the unconscious parts of yourself and to bring them into conscious awareness in a safe and supportive way.

The process of shadow work can be challenging, but it is also an important step in personal growth and self-awareness.

By taking the time to reflect on your thoughts, feelings, and behaviors, you can gain insight into your unconscious patterns and beliefs, and learn how to make positive changes in your life.

Shadow work can encompass a wide range of topics and themes, but there are generally three main areas that are explored:

- **Emotions:** The shadow often contains difficult or unresolved emotions, such as anger, fear, sadness, or shame. These emotions may have been suppressed, denied, or rejected at some point in the past, and they can have a powerful influence on our thoughts, behaviors, and relationships.
- **Beliefs and values:** The shadow can also contain beliefs and values that conflict with our conscious attitudes and worldview. For example, we may have a conscious belief that we are worthy and deserving of love but an unconscious belief that we are not good enough or unworthy of love.
- **Patterns and behaviors:** The shadow can also contain patterns of behavior or habits that are harmful or self-sabotaging. These patterns may be driven by unconscious beliefs or emotions, and they can be difficult to change without exploring the underlying issues in the shadow.

Each day of this journal will focus on one of these three areas of the shadow, with prompts and questions designed to help you reflect on your thoughts, feelings, and behaviors. By exploring these three areas of the shadow, you can gain insight into your unconscious patterns and beliefs and learn how to make positive changes in your life.

DATE: _____

PROMPT:

PLEASE BRAIN-DUMP EVERYTHING THAT COMES UP FOR YOU.



REFLECTION

Reread your Brain-Dump. What does it tell you about yourself and your past?

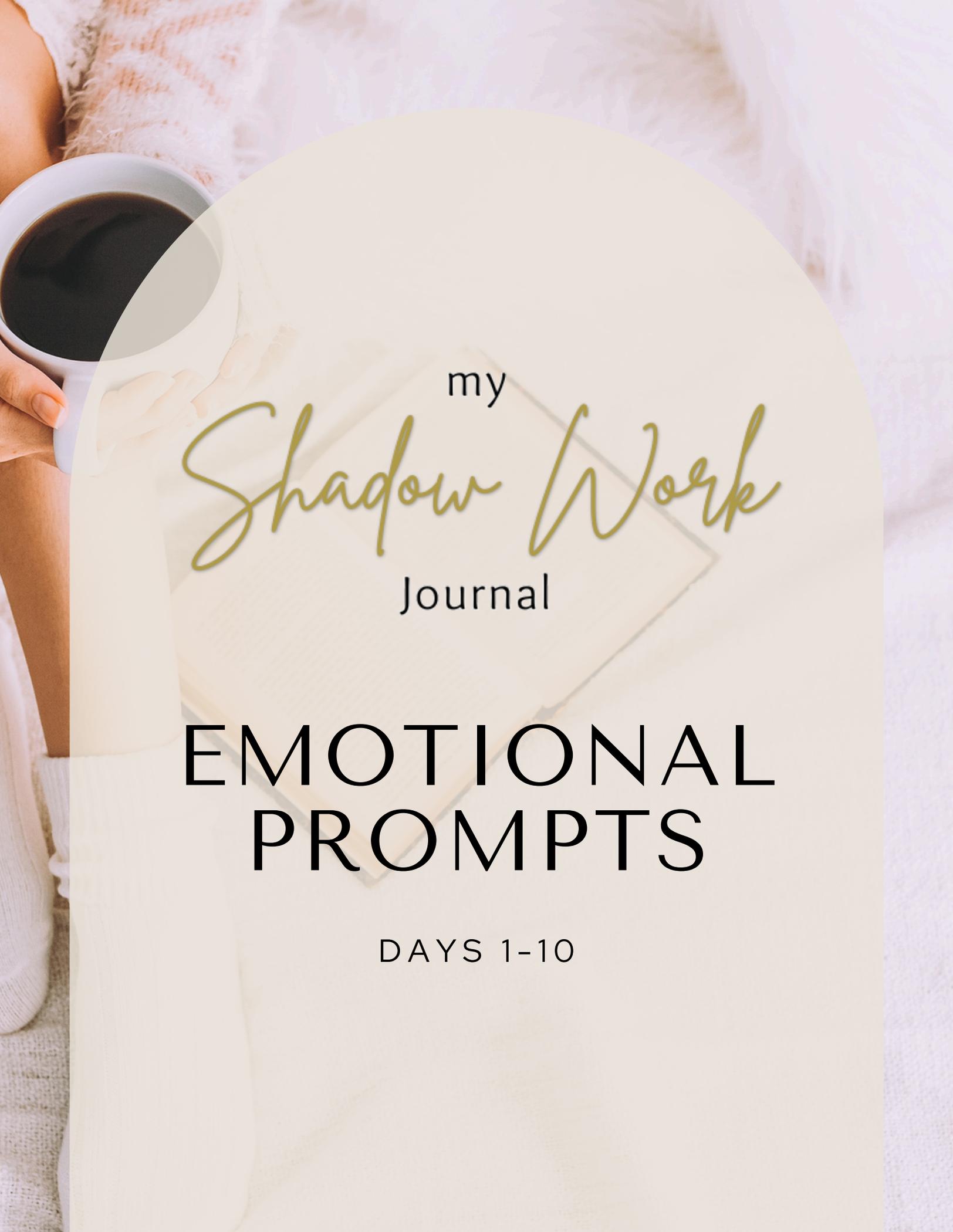
What is one thing that I can do right now to start making positive changes based on my insights?



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30
DAYS

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**EMOTIONAL
PROMPTS**

DAYS 1-10

A person is sitting at a white desk in a bright room. On the desk is a white mug, a smartphone, and a small chalkboard on an easel that says "DAY OFF". The person is wearing a white shirt and a brown hat. The background shows a window with greenery outside.

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**BELIEFS
PROMPTS**

DAYS 11-20

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**PATTERNS &
BEHAVIORS**

DAY 21 - 30

