

# Journal Prompts for *Shadow Work*

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*Hello and welcome!*

I am so glad you took this step towards getting to know yourself a little deeper.

I am Nadia Elmagrabi, a Psychotherapy-informed Coach who specializes in Past Life Regression. My passion lies in helping women embody their most authentic selves, so they can live a life where they feel empowered, are truly expressed, and full of joy!



It is my hope that this resource provides you with the right nudge to go deeper into your healing journey. Enjoy!





# Shadow Work

So... what is the shadow?

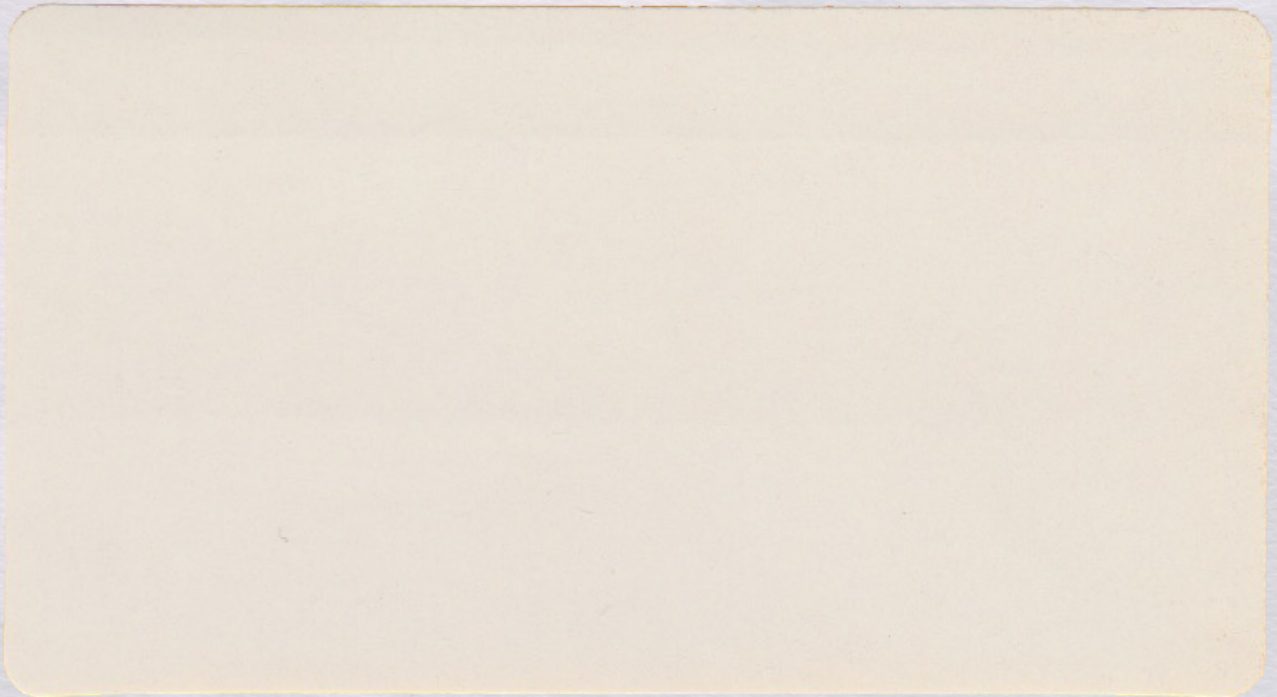
The shadow is that part of yourself that you often hide, but exists nonetheless. It is the hidden, dark side of the human psyche, which may include trauma and other emotions we deem as negative.

Shadow work is an aspect of doing the inner work where you work with your unconscious mind to uncover the parts of yourself that you repress and hide from yourself, and then integrate those parts into a whole. This is an ongoing process and it deserves a lot of self-compassion.

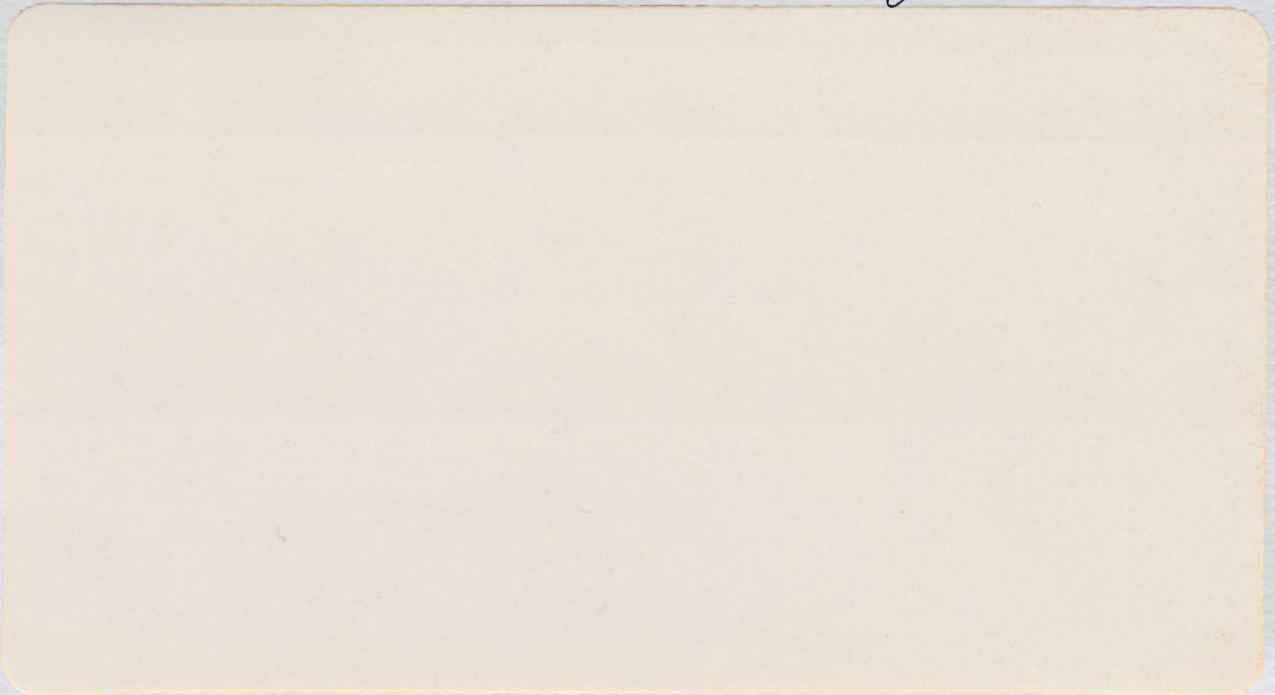
Journaling is one of the many ways for you to get started and go deeper into shadow work. Answer the prompts in the next pages as truthfully as you can!



*Describe yourself.*



*Do you like what you wrote above?  
If not, what would you like to change, and why?*





Listen to your inner voice. Is it kind or critical?  
What are the things it says to you most often?

How does thinking about yourself as a child  
make you feel?

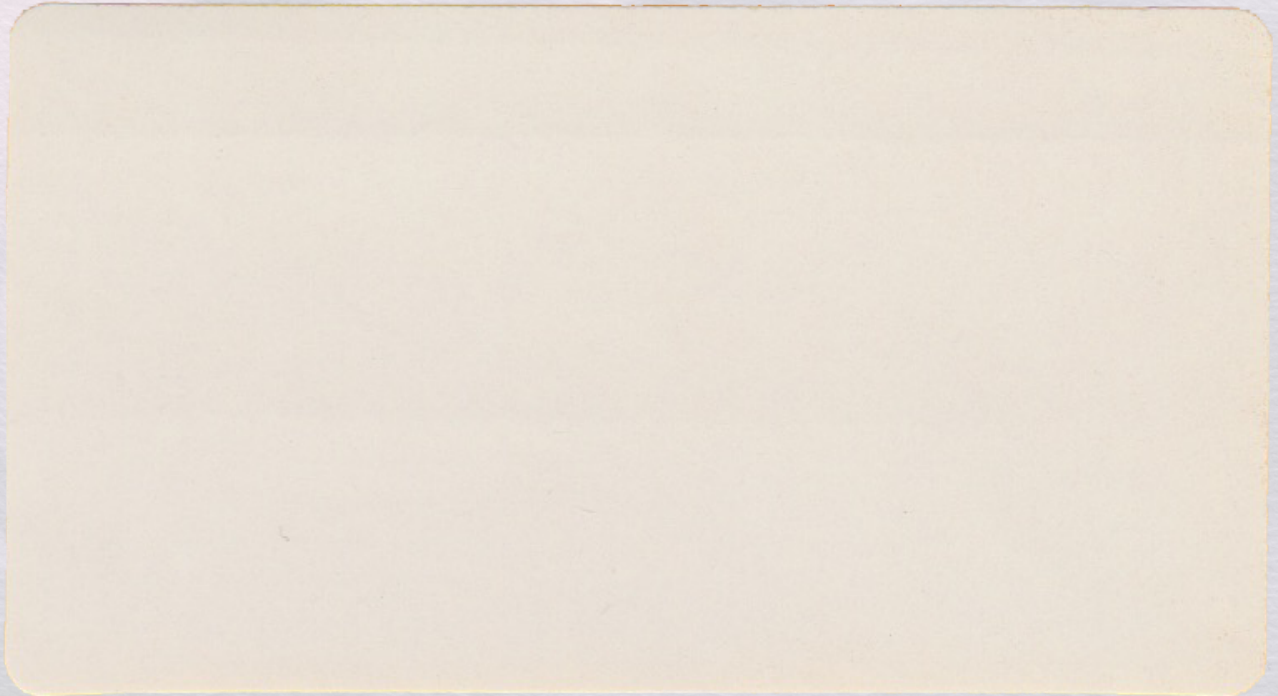


What parts of your parents/caregivers do you see in yourself? List them down, and describe how it makes you feel.

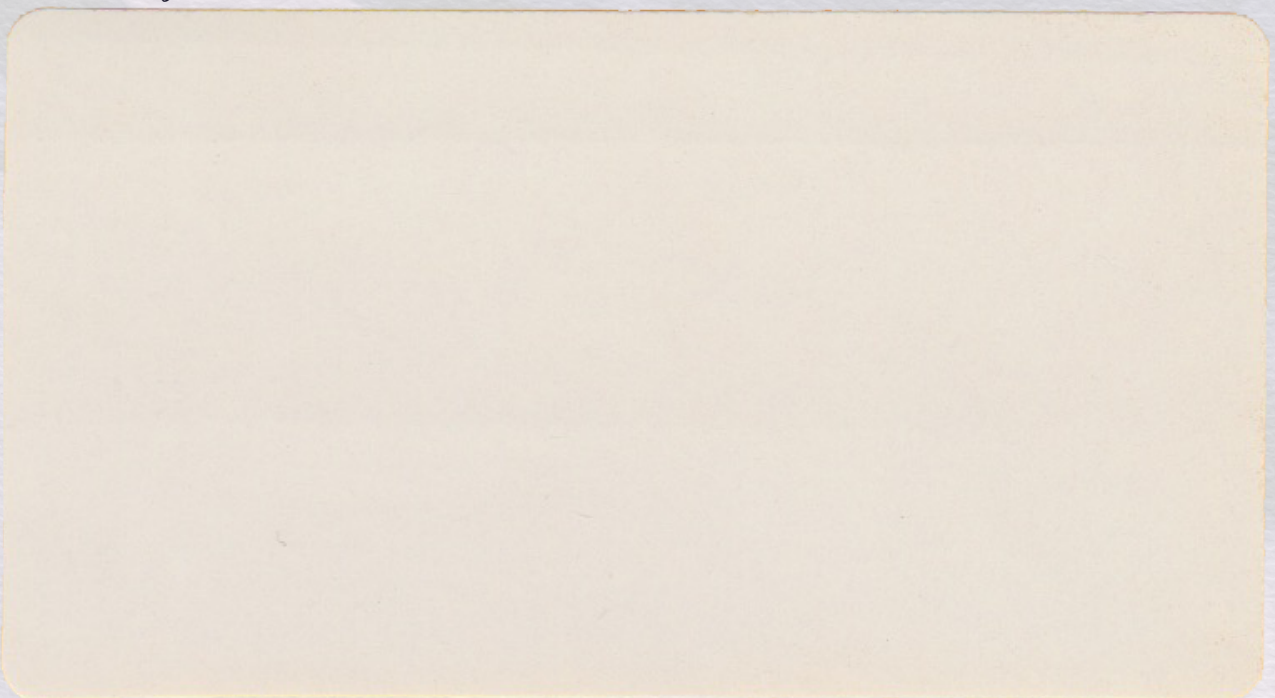
How do you react when you're angry? Does this reaction reflect the way you saw others react to anger growing up?



What family patterns do you fear you're repeating?  
List them down, and why you fear them.

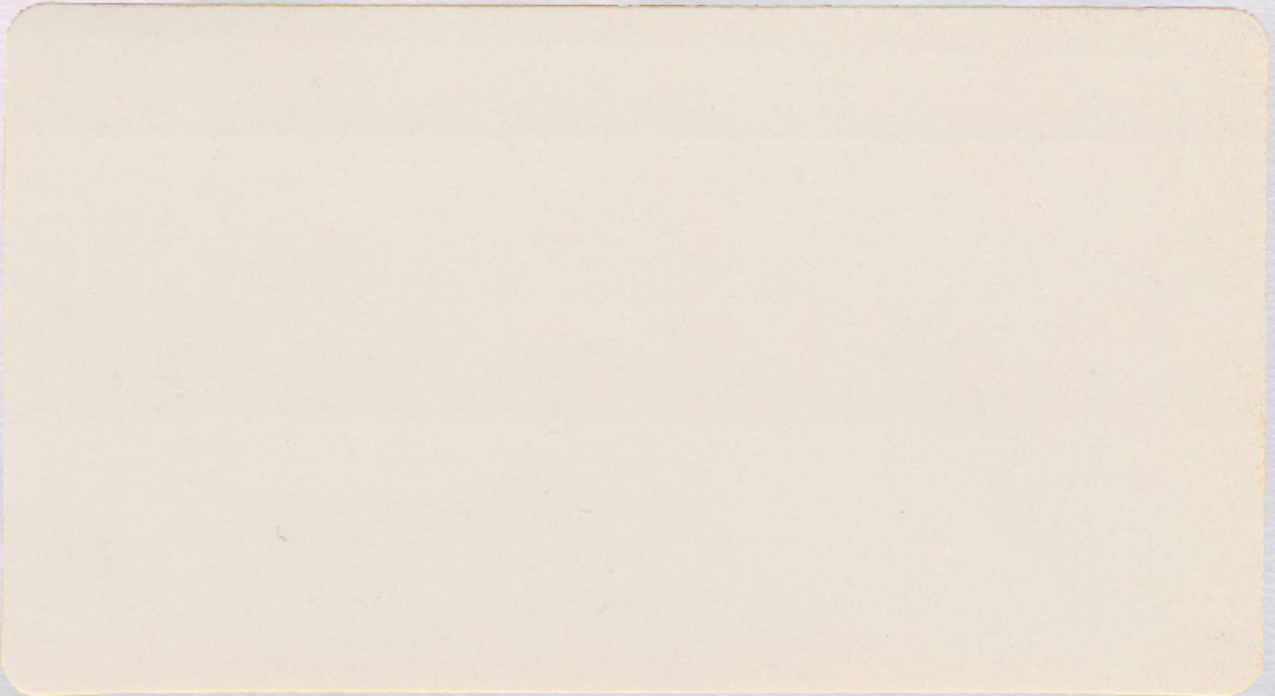


What behaviors in other people upset you the most,  
and why?

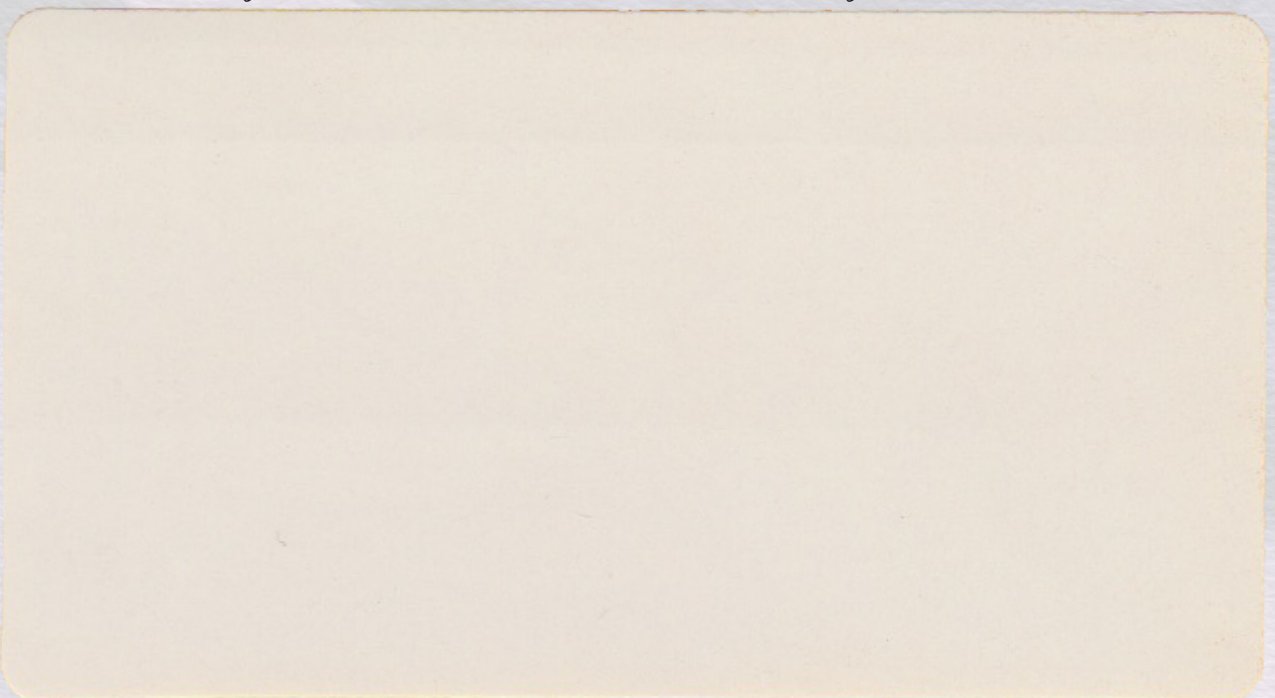




What emotions do you tend to avoid? How do you avoid them?



Are you willing to let yourself feel said emotions? What do you think will happen if you do?





Sit with your feelings without judgment. This inner work can get uncomfortable, as deep reflective experiences usually are. If heavy feelings get brought up or if it starts feeling too much, know that you can take a break and come back to it at a later time. Remember to grant yourself grace and compassion.

Sending you well wishes on your healing journey!

*Thank you!*

P.S.

*If you'd like to learn more about me and what I do, you can check out [www.nadiaelmagrabi.com](http://www.nadiaelmagrabi.com). Better yet, feel free to join our beautiful community over at Facebook where I speak about all things healing -- past life therapy, ancestral healing, inner child healing, acute and hidden grief, shadow work, and so much more! You are welcome to join us inside Past Life Therapy for Successful Women Desiring Fulfilling Relationships!*