



SHADOW WORK CHEAT SHEET

A GUIDE TO UNDERSTANDING
& HEALING YOUR HIDDEN SELF

WHAT IS SHADOW WORK?

Shadow work is a powerful tool for self-discovery and healing. It helps you uncover the parts of yourself that have been hidden due to fear, shame, or past conditioning. By bringing these parts in the light, you can heal, grow, and reclaim your wholeness.

LEAF SIGNS YOU MIGHT NEED SHADOW WORK

- You feel triggered easily by others
- You struggle with self-doubt and inner criticism
- You repeat negative patterns in relationships
- You avoid certain emotions or memories
- What part of myself do I hide from others, and why?
- What's a memory that still holds emotional weight for me?
- What advice would I give to my younger self about self-acceptance?
- What emotions do I avoid, and what would happen if I let myself feel them?

STAR JOURNAL PROMPTS TO GET STARTED

- What part of myself do I hide from others, and why? What patterns keep repeating in my life, and what might they be reaching me?

DR. KELLY RAE

GUIDING WOMEN THROUGH SHADOW WORK & SELF-DISCOVERY