

# LIONSHEART

## COUNSELING & WELLNESS

### Step-by-Step Shadow Work Worksheet

**Purpose:** This worksheet will help you notice what bothers you in other people and gently push you toward insight and feel-compassion—recognizing how these traits may also exist within you.

#### STEP 1: Identify What Bothers You

**Instructions:** Think about people, behaviors, or traits that irritate, anger, or disgust you.

**Prompt:**

- Who or what has been bothering you lately?
- Be specific—describe the behavior or trait, not the person as a whole.

**Write:**

- “I get really bothered when people are \_\_\_\_\_.”
- “The trait/behavior that stands out most is \_\_\_\_\_.”

## **STEP 2: Emotional Reaction Check**

**Instructions:** Notice your emotional and physical response when you encounter this trait.

**Prompt:**

- What emotions come up? (e.g., anger, shame, contempt, anxiety, disgust)
- Where do you feel this in your body?

**Write:**

- Emotions I feel: \_\_\_\_\_
- Body sensations: \_\_\_\_\_

## **STEP 3: The Judgment Layer**

**Instructions:** Explore the story or judgment your mind attaches to this trait.

**Prompt:**

- What do you assume about someone who has this trait?
- What does this behavior “say” about them in your mind?

**Write:**

- “People who do this are \_\_\_\_\_.”
- “When I see this, I tell myself \_\_\_\_\_.”

## **STEP 4: Personal History Inquiry**

**Instructions:** Look for earlier experiences that may have shaped your reaction.

**Prompt:**

- When have you seen this trait before in your life?
- Did someone important to you express this trait?
- Were you punished, shamed, or rewarded around this behavior?

**Write:**

- Early memories or associations: \_\_\_\_\_

## **STEP 5: Turning the Mirror Gently**

**Instructions:** This step is about curiosity, not accusation. Assume *some version* of this trait exists in you, even subtly or unconsciously.

### **Prompt:**

- In what ways might this trait show up in me?
- Does it appear internally (thoughts, fantasies) or externally (behavior)?

### **Sentence Stems:**

- “A small or hidden way this shows up in me is \_\_\_\_\_.”
- “I may express this trait when I \_\_\_\_\_.”

## **STEP 6: Context & Compassion**

**Instructions:** Understand *why* this trait may exist in you.

**Prompt:**

- What need might this trait be trying to meet?
- How might it have once protected you?

**Write:**

- “This part of me developed because \_\_\_\_\_.”
- “It may be trying to protect me from \_\_\_\_\_.”

## **STEP 7: Reclaiming the Shadow's Strength**

**Instructions:** Every shadow trait has a potential strength when integrated.

**Prompt:**

- What positive quality is hidden inside this trait?

**Examples:**

- Arrogance → confidence
- Control → leadership
- Detachment → boundaries
- Anger → assertiveness

**Write:**

- “The healthy version of this trait could look like \_\_\_\_\_.”

## **STEP 8: Reflection & Closure**

**Instructions:** Reflect on what you learned during this exercise.

**Prompt:**

- What did I learn about myself?
- What feels different now compared to the beginning?

**Write:**

- Insight gained: \_\_\_\_\_
- One word to describe how I feel now: \_\_\_\_\_