



*Heal
Yourself*
**And Reclaim
Your Power**

A SHADOW WORK WORKBOOK

★ BY CASSANDRA GILBERT ★

Table of Contents

- 02** About the Author
- 03** Introduction to Shadow Work
- 09** Part 1 - Childhood
- 17** Part 2 - Relationships
- 21** Part 3 - Forgiveness
- 27** Part 4 - Reflection & Moving Forward
- 33** References





Hi, love!

I'm Cassandra

I understand that facing what is keeping you stagnant and doing the deeper healing work can seem overwhelming and impossible...

I have done the deeper healing and shadow work myself and have come out on the other side.

I have worked through childhood trauma, generational trauma, negative self talk, and learning to love myself again after being in a relationship with a person who had narcissistic traits.

I have done this for myself and have helped to shine light and bring clarity to what is keeping others from living their lives in alignment and provided them with the tools needed to create change for themselves.

And the same is possible for you. Sending you lots of love and healing as you move through this workbook.

xoxo,
Cassandra Gilbert



What is Shadow work?

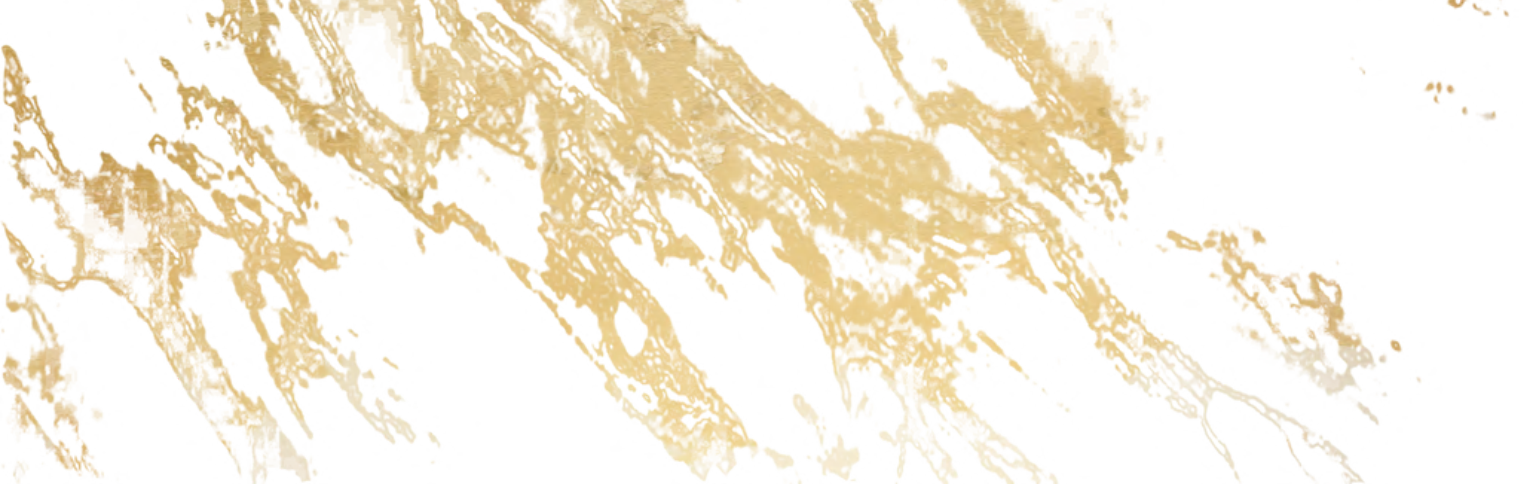
The concept of shadow work stems from the term “The Shadow Self”, which was created by psychologist Carl Jung. The term describes the unconscious parts of one’s personality that the consciousness avoids. Jung believed these unconscious parts would sabotage our lives through the subconscious mind, showing up as fear, negative patterns, destructive traits, etc.

Shadow work is simply becoming aware of what's hidden and gradually healing those aspects of yourself; it is the process of working with your unconscious self to bring light to the parts within yourself that you repress or hide. This can include traumatic experiences or aspects of your personality that you subconsciously deem undesirable.

Examples of Shadow Behavior

Shadow behavior is often a negative, automatic, and unconscious response to people, situations, and events. Everyone has different shadow behavior as results of our varied lived experiences. Some examples are manipulative behavior, aggression, rage, defensiveness, resistance to change, laziness, sadness, etc. Although one may try to repress these traits, habits, or fears, they can show up in your life and impact how you navigate the world.





WHY IT MATTERS

Importance of Shadow Work

Shadow work is beneficial because it promotes self-awareness and brings light to suppressed emotions. In doing shadow work you will also acquire a better general mental and emotional state. Trauma is something that we carry as heavy baggage that can often prevent us from moving forward in our lives.

Shadow work can help to heal childhood wounds brought on by a parent, caregiver, or an influential person in your life; it can aid in healing those experiences and emotions and will make you feel free and whole again like when you were an innocent child.

Also, in healing yourself you begin to heal your lineage by addressing generational traumas within the shadow experience. Once you work on all of that, you will be more aligned with the life that you want and more successful in most areas of life.



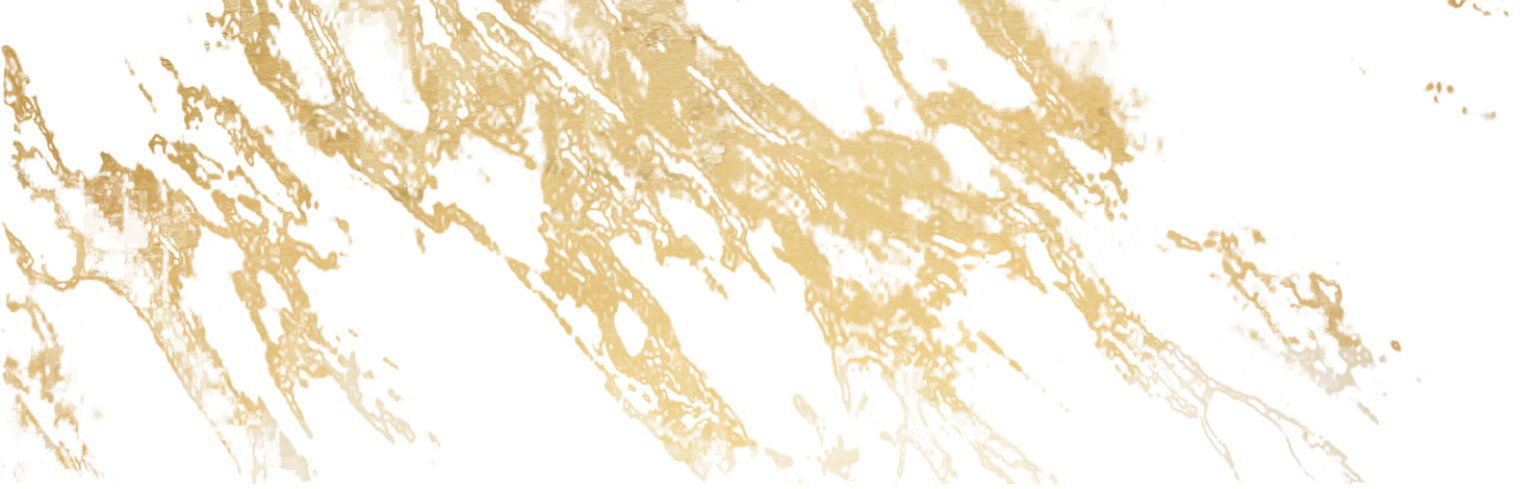
Benefits of Shadow Work...

Shadow work will help you improve your self-esteem by improving your self-understanding first. By healing and loving yourself you will start feeling better and when you feel better you also attract better. As your self-love and self-esteem grow, you will choose to have people in your life who respect and support you. Improving your relationships is another benefit of shadow work that you will appreciate. By knowing how to set clear boundaries, you will also keep away anyone who does not have good intentions towards your well-being. You will develop more empathy and compassion for yourself and others, and even better communication skills.

How to embrace Shadow self?

Some practices you can implement to embrace your shadow self are: shadow journaling, reflecting on a person or situations that trigger you, meditation, practicing non-judgement towards yourself, mindfulness, and working with a professional.





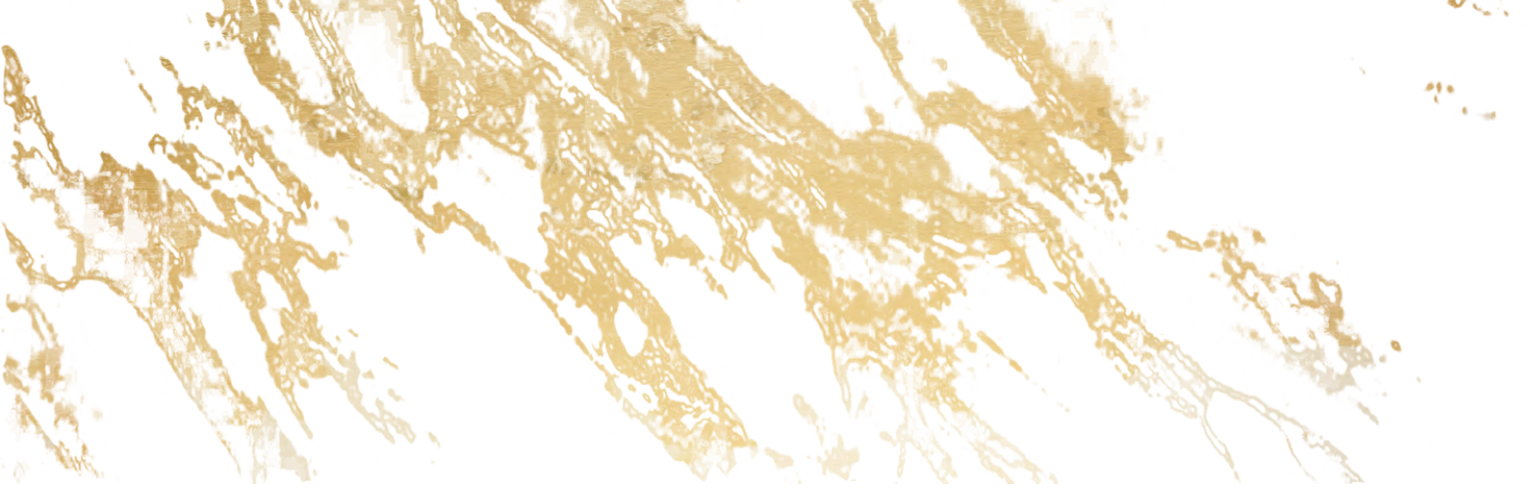
LET'S BEGIN

Beginning Shadow work...

When you begin the process of shadow work, discomfort may arise as you begin to face your suppressed emotions and the circumstances they are rooted in. You may experience anger, unsettledness, or relive traumatic feelings. Once you work through the discomfort and the feelings that arise, your eyes will be open to a whole new side of yourself that you did not know existed.

During this process it is imperative for you to suspend judgement on yourself and allow yourself a safe space to process. Shadow work is the practice of self-growth and healing; surrender and acceptance is required for the process to be effective. Go into this experience with compassion and grace for yourself as you begin to unpack.





MY MESSAGE FOR YOU

Before you begin, it is imperative to give yourself the time and space to complete this workbook. Do not rush through the sections, it is important to dig deep if you genuinely want to benefit from this workbook and create change for yourself.

Healing takes time, take this one section at a time, and give yourself the time you need to dig deep and process all emotions that arise for you. Sit with them; honor your emotions, but do not hold onto them.

If you feel yourself becoming overwhelmed, then remember it is okay to take a break. Go for a walk, meditate, do a hobby you enjoy, journal, ground yourself, check in with a trusted companion who is willing to hold space for you, etc. and give yourself the time you need... this is a marathon, not a race!

You got this!

Cassandra G.



Feel free to use these prompts multiple times to reflect and process the different relationships and circumstances in your life!



PART 1

Childhood



When reflecting on your childhood what makes you feel angry or sad?
How do you deal with these feelings?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on childhood feelings and coping mechanisms.

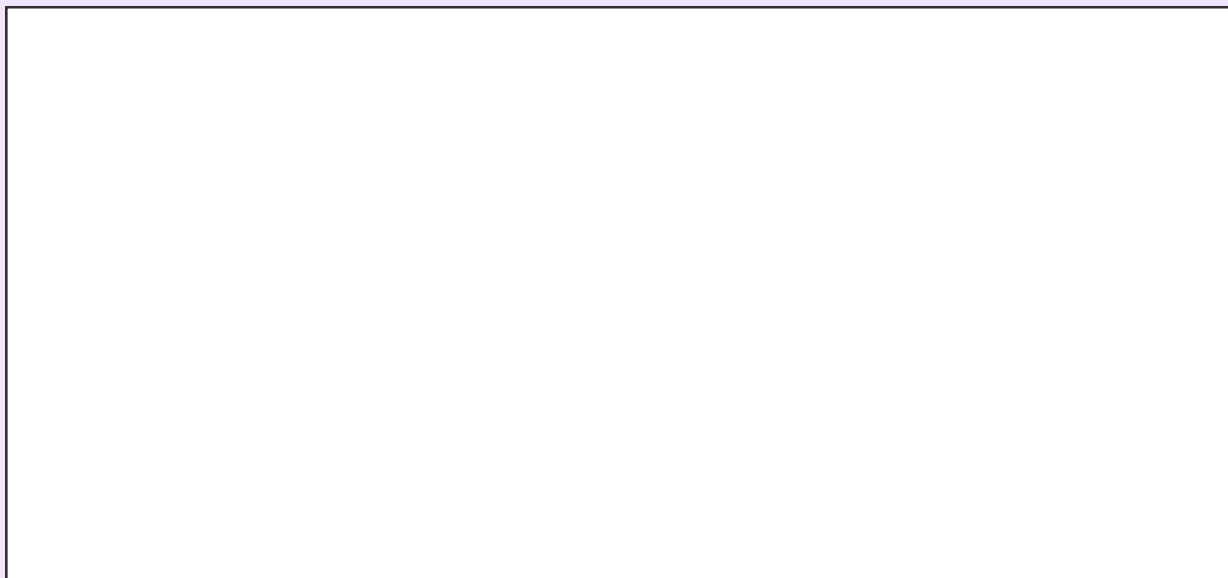
Write a letter to the person who has hurt you the most in your life. Describe how they hurt you and how this hurt impacted you...

A large, empty rectangular box with a thin black border, intended for writing a letter. It occupies the central portion of the page.

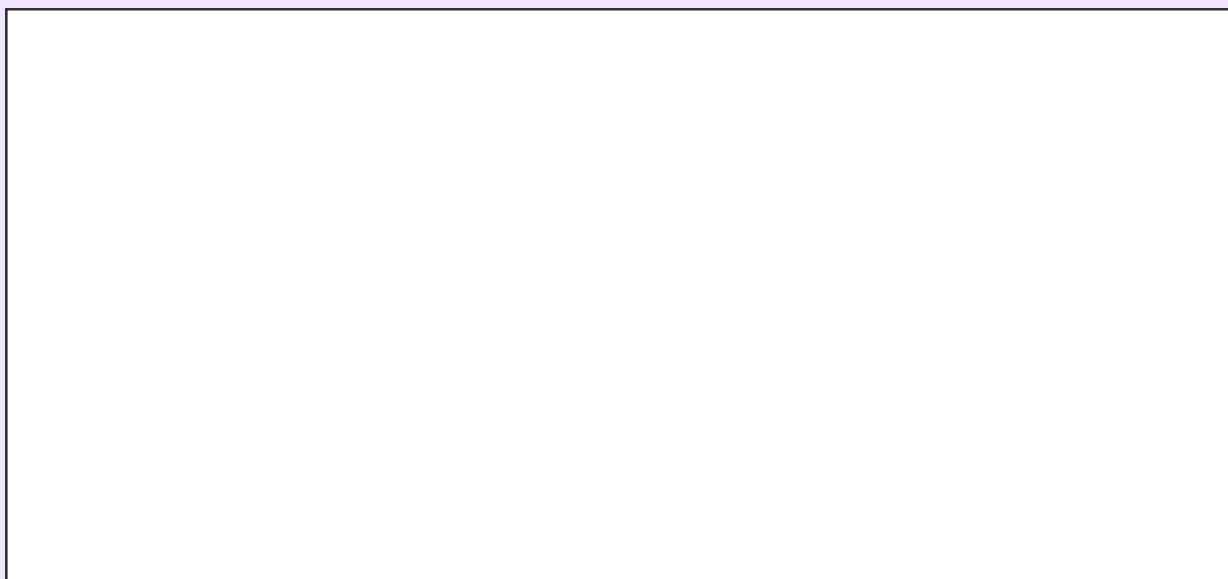
Take the time to reflect on the person who harmed you...I want you to question if this harm is generational. Meaning, can you see a pattern in how they were possibly harmed in the same way and perpetuated this with you? Dig deep into this and write this out. Remember, the manner in which the harm was done may not be the same, what you are focusing on here is the root of the pain.

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on the prompt above.

Now that you have reflected and have a greater understanding of this hurt and its roots... How do you feel?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

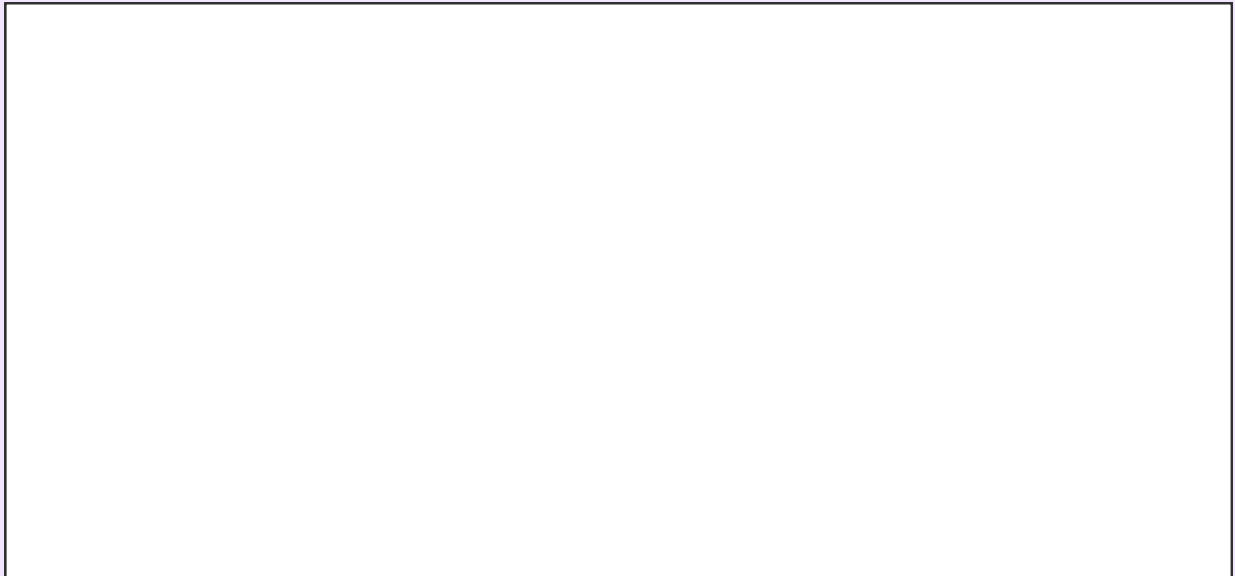
In the future, when this shows up for you or you feel triggered, how can you transform these hurt feelings and respond to circumstances in your life differently?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

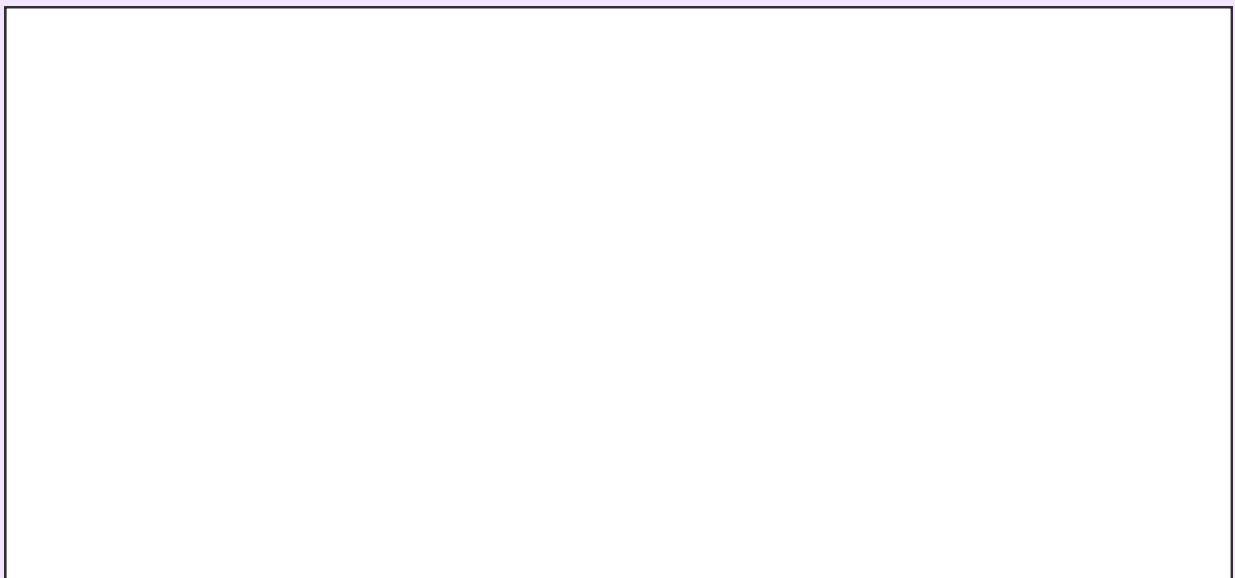
Are there any bad memories that weigh on you from childhood? If so, what are they...

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write their response to the question above.

Reflect on how these negative memories may be preventing you from moving forward... What areas of your life are they impacting? Where are they stored in your body?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on negative memories and their physical storage.

How do you feel you can shift the energy around this memory and turn it into a lesson?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on how to shift the energy of a memory and turn it into a lesson.

Write a letter to your younger self and explain in detail how you intend to protect your younger self from now on, what tools will you implement? For example, if you have deep traumatic experiences will you seek out therapy or try energy healing to shift this energy within your body? Another example, if the person you wrote about is still in your life, will you set boundaries with them, or if you feel safe, have a conversation with them and express what you have carried with you?

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write their letter to their younger self.

PART 2

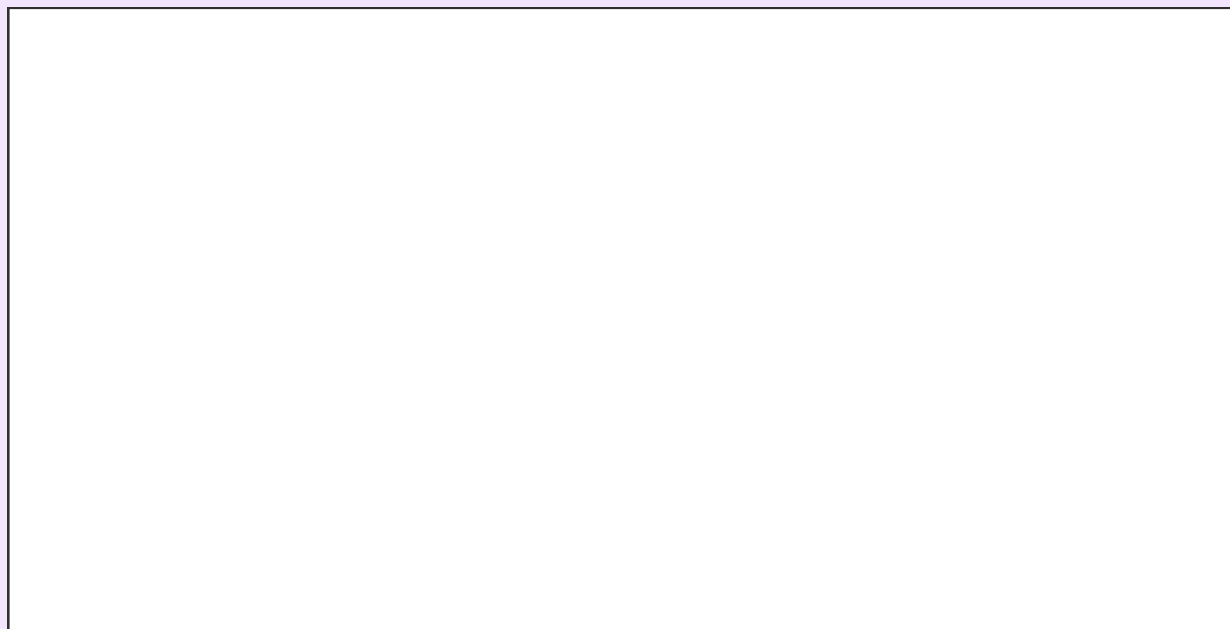
Relationships



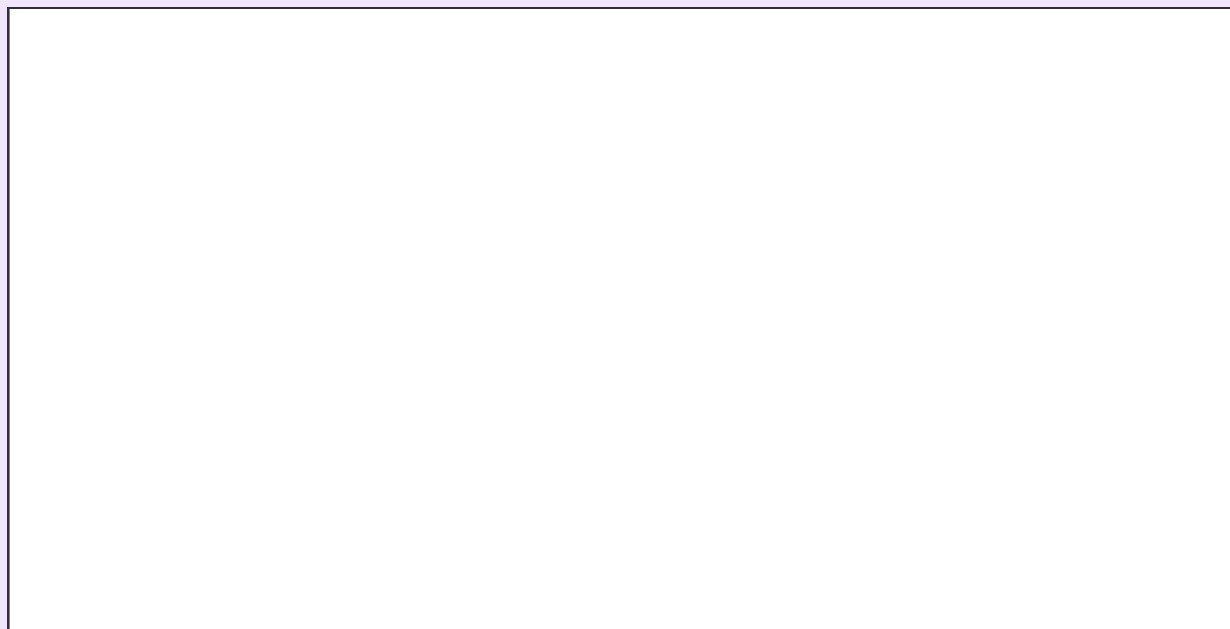
We all have aspects of ourselves that impact how we show up in the different relationships in our lives. This can be in romantic relationships, friendships, platonic relationships, or even parenting relationships in the way we raise our children! Complete this section for each relationship type that is applicable in your life.



What are your patterns in relationships?

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.

List the traits that negatively impact your relationships with others...

A large, empty rectangular box with a thin black border, intended for the user to list traits that negatively impact their relationships.

Describe the various ways these have impacted the relationships in your life?

Now that you are clear on this, how can you begin to consciously shift these patterns for yourself?

List 5 actionable steps!



PART 3

Forgiveness



What forgiveness is...

- Letting go of resentment, anger, and hostility toward someone who treated you unfairly, even though you are justified in having these feelings
- An opportunity to heal. Forgiveness can reduce symptoms of trauma, anger, Anxiety, and depression. Additionally, it can increase hope and self-esteem.
- A personal decision that only you can make for yourself.
- A process that can start at any time. You can even forgive a person who is no longer in your life.

What forgiveness is NOT...

- Condoning, approving of, or excusing what happened.
- Something you do for the other person. Forgiveness is for you.
- Forgetting how you were wronged or pretending like nothing happened.
- An agreement to continue a relationship as it was. After forgiving someone, you can choose to resume, modify, or end the relationship.

Forgiveness is a process where someone who has been wronged chooses to let go of their resentment and treat the wrongdoer with compassion. Forgiveness does not mean forgetting or condoning the wrongdoing, granting legal mercy, or reconciling a relationship. You can forgive a person while in no way believing that their actions were acceptable or justified.

Forgiveness is an emotional change that occurs within the person who has been wronged.



Forgiveness of others...

How do you describe forgiveness?

Choosing to forgive the person who wrong you means you letting go of resentments and bitterness to heal and free yourself.

Please list pros and cons of forgiving the person who wronged you...

<u>PROS</u>	<u>CONS</u>



A message about forgiveness...

In the next prompt you will be called to make the decision to forgive. Be mindful, forgiveness is not a single choice, but rather something you must choose repeatedly as it shows up for you.

Forgiveness is for you; you have the power to let go of what you have been holding onto. Choosing not to forgive is only impacting you, not the person who wronged you.

Take this time to write in detail who you are forgiving and why, the emotions you are releasing, and finish by writing how you will now take your power back!

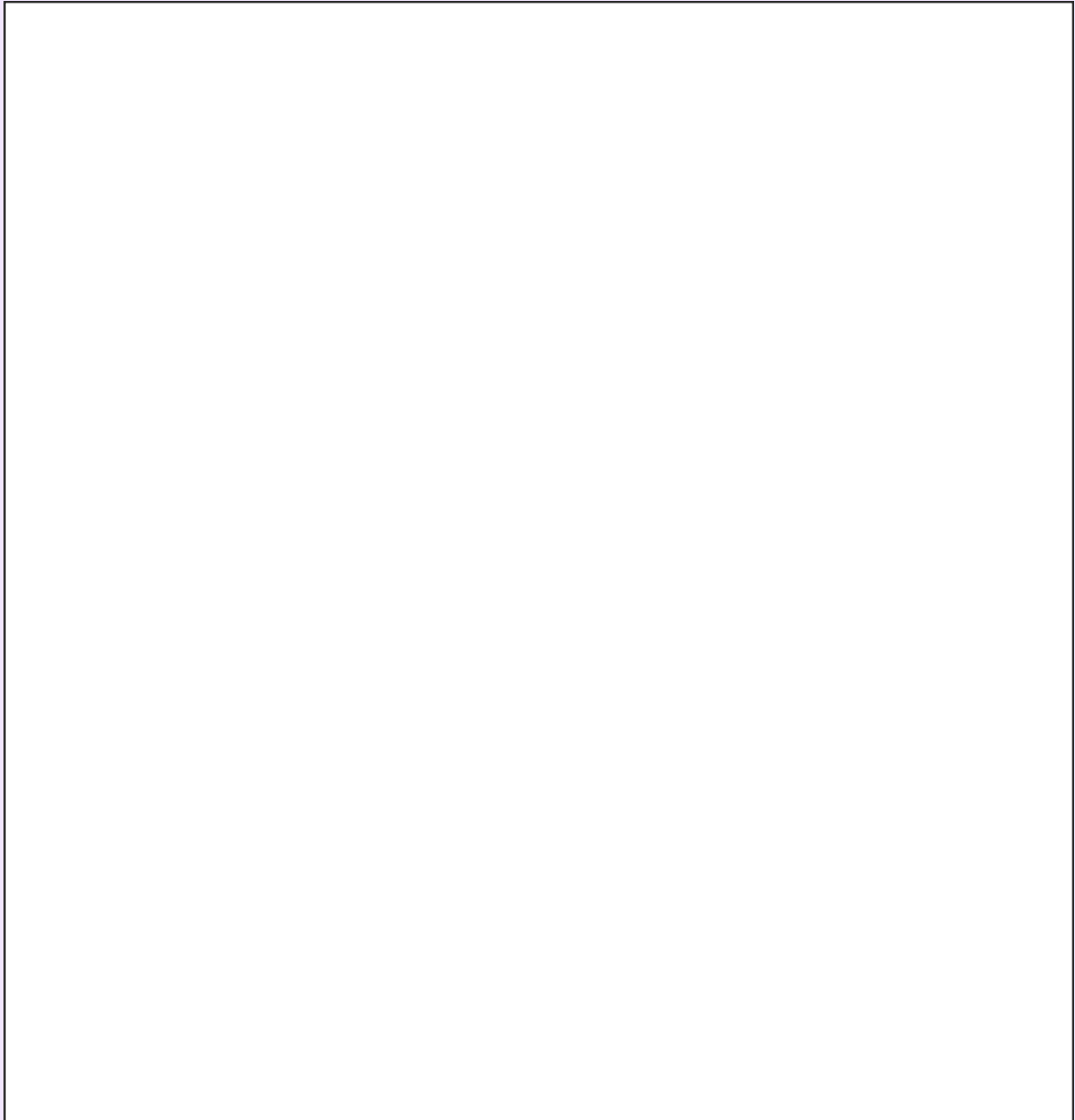


Now that you have made the choice to forgive this person, write how things will be different for you; Spiritually? Physically? Emotionally?

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write their response to the question above.

Self-Forgiveness...

People often urge the importance of forgiving others, but not the significance of forgiving yourself! Please take this time to write a letter to yourself forgiving yourself for how you treated yourself, others, any negative self-talk, and coping mechanisms you may have chosen before you chose this healing route.

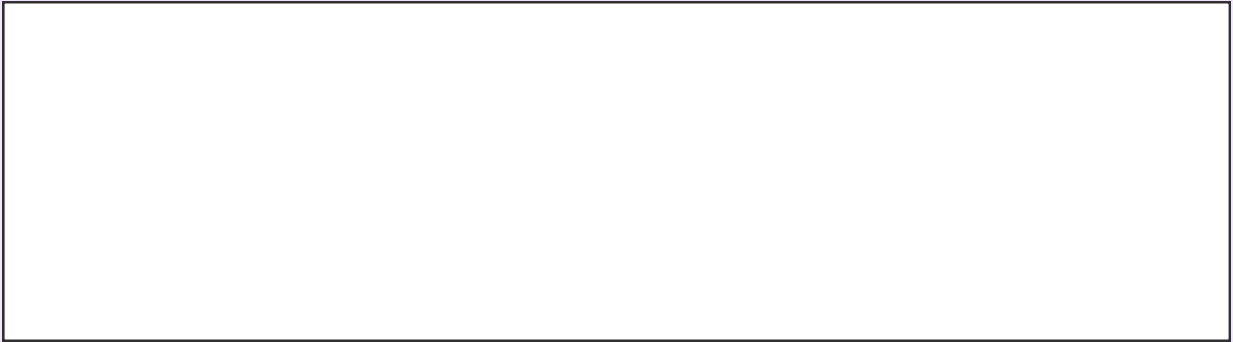
A large, empty rectangular box with a thin black border, intended for writing a letter to oneself. The box is centered on the page and occupies most of the lower half of the page.

PART 4

Reflection & Moving Forward



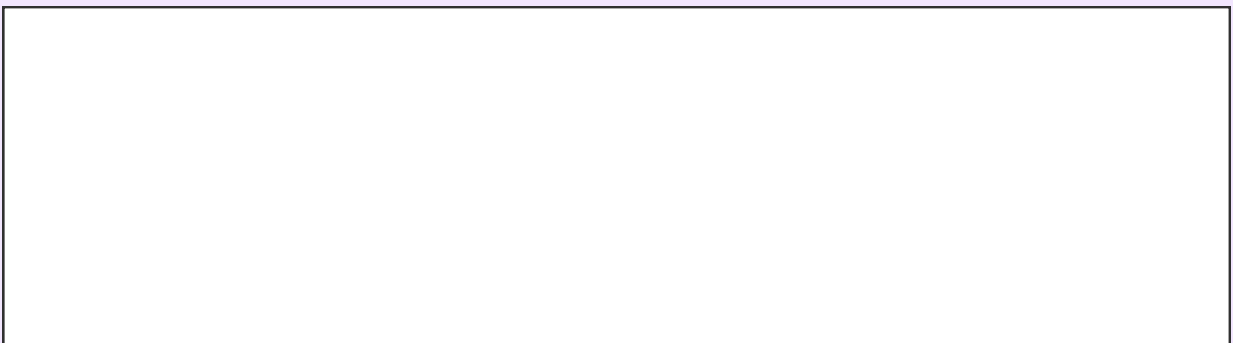
What has held you back from exploring your shadow self?



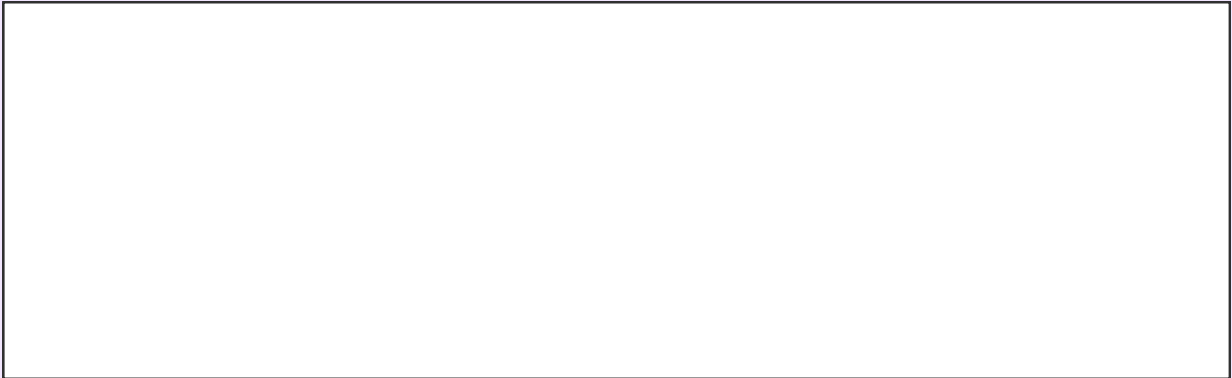
What needs to change?



How will you go about creating this change for yourself?



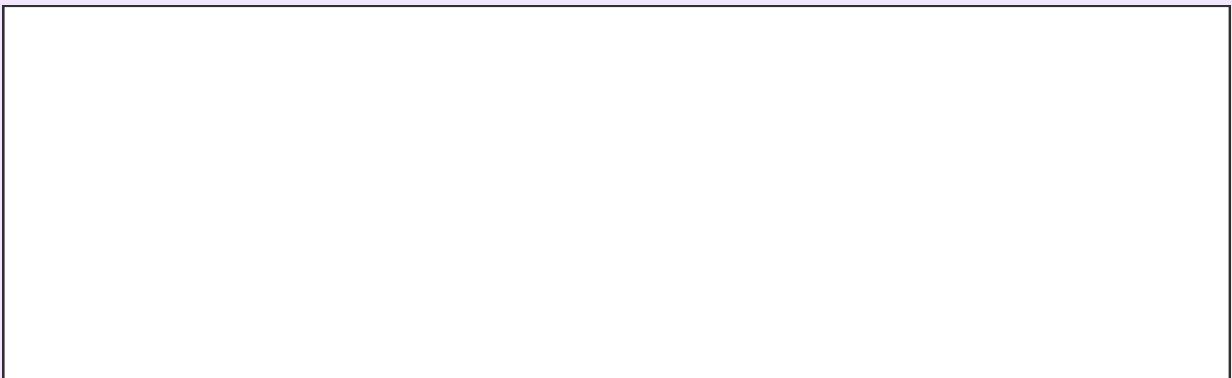
How will I stay motivated on my journey to change?



List 5 action steps.

- 1.
- 2.
- 3.
- 4.
- 5.

No one is perfect and it is unrealistic to expect yourself to be! Now that you have listed these 5 action steps, write about how you can be patient with yourself as you continue your healing journey.



Now that you have a better understanding of yourself...

List 5 old self beliefs and where you believe they come from.

1.

2.

3.

4.

5.

Now that you have this awareness write 5 new self-beliefs.

1.

2.

3.

4.

5.



List 5 ways you can show yourself grace as you continue along your healing journey.

1.

2.

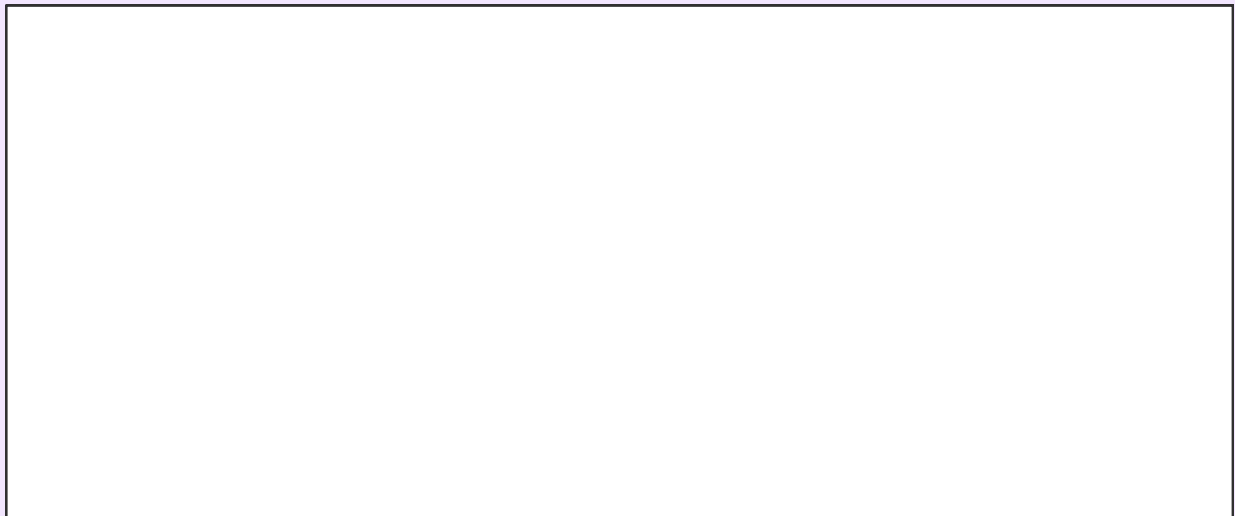
3.

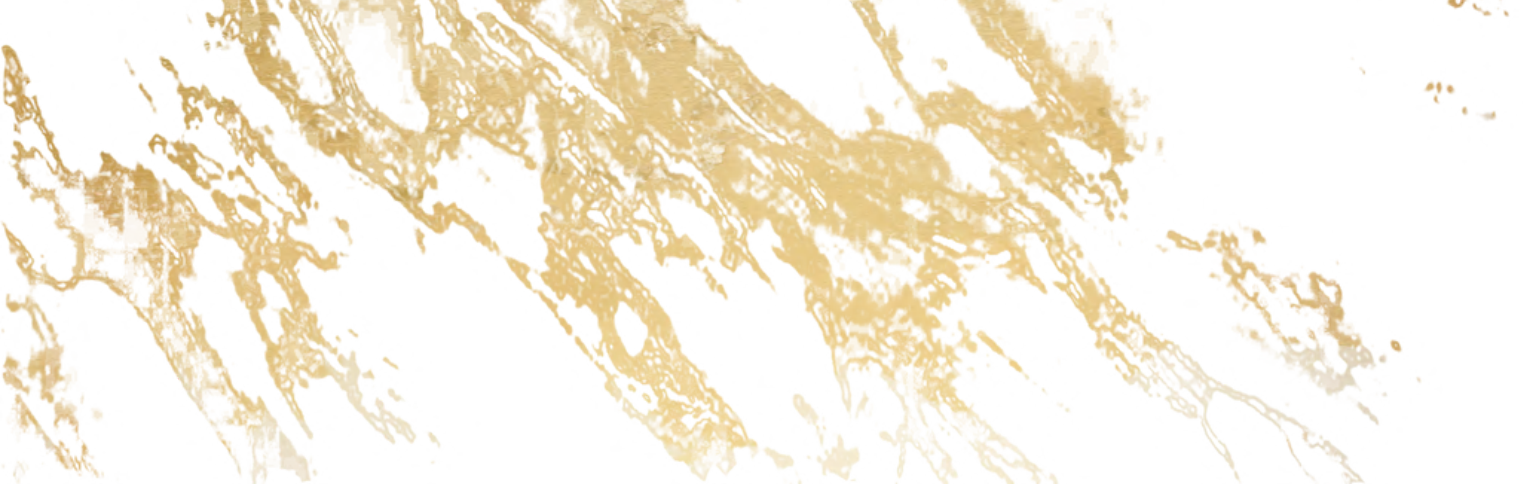
4.

5.

Shadow work is rooted in self-love! It takes a vast amount of self-love to dedicate yourself to doing the deep inner healing work you have done and to give yourself the grace required in the process! Write down your own self-love affirmation. Once you are satisfied put it in a place where you can see it every morning. Repeat it first thing every morning!

Example: I give myself the grace and space I need as I continue to heal, release, and transform. I love the lighter and freer version of myself, who I am now, and I will protect her lovingly.





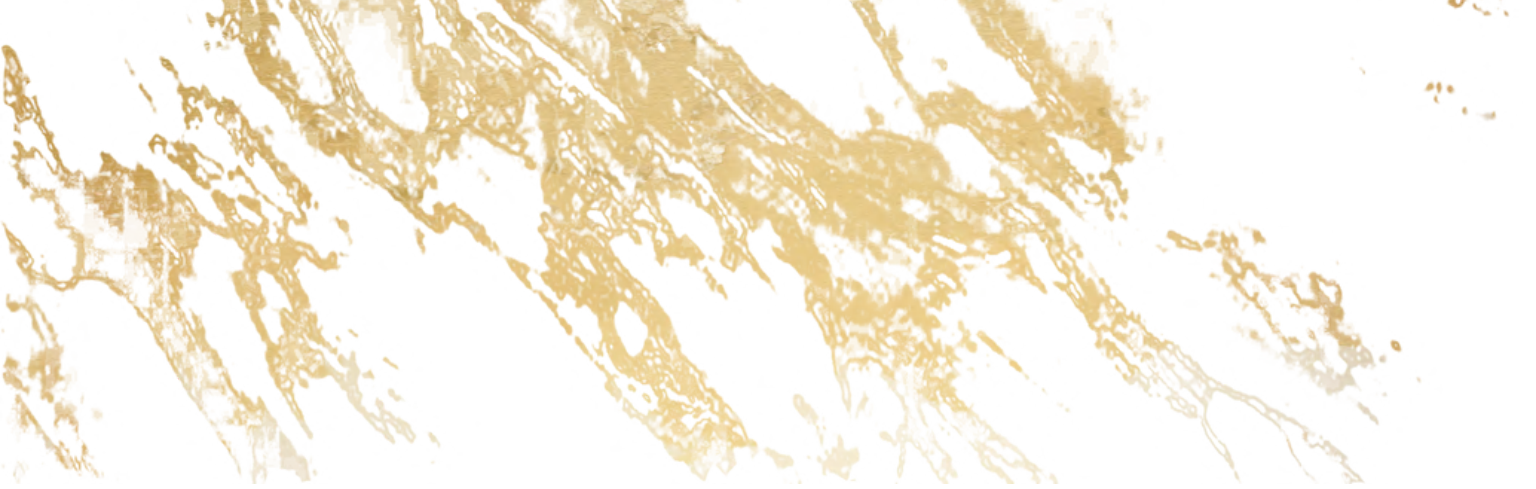
It is imperative that you give yourself grace as you continue to dig deep, heal, and transform! This is not an overnight process, you will need to take this day by day, minute by minute. Know that each day you have the opportunity to show up and respond differently! Write the affirmation you created on a sticky note and put it somewhere you will see it daily!

I am so proud of you and the healing you have done! Being willing to dig deep and face the pain and traumas we have carried with us takes courage and self-love! I am grateful you are trusting me to guide you on this process, and I hope you will continue this healing journey knowing you are not alone, and that you are loved and supported!

Feel free to email me at info@CassandraGilbert.com to share your experiences and insights you gained as you made your way through the workbook.

Want to dive deeper into your healing work while receiving support and guidance on your journey? Let's work together one on one! Book a consultation session on my website www.CassandraGilbert.com





REFERENCES

1. Enright, R. D., & Fitzgibbons, R. P. (2015). *Forgiveness therapy: An empirical guide for resolving anger and restoring hope*. American Psychological Association.
2. <https://www.therapistaid.com/therapy-worksheet/forgiveness-therapy>



Copyright Notice

Copyright © 2023 by Cassandra Gilbert LLC.

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

www.cassandragilbert.com

