

Journal Prompts For Shadow Work



1. What are the ways in which I have been avoiding my trauma?
2. What are the ways in which I have been protecting myself from feeling the pain of my trauma?
3. What are the ways in which I have been avoiding addressing the issues that led to my trauma?
4. How have I been avoiding healing from my trauma?
5. What are the ways in which I have been numbing myself from my trauma?
6. What are the ways in which I have been avoiding facing my trauma?
7. What are the beliefs I have about myself due to my trauma?
8. How has my trauma affected my relationships with others?
9. How have I been using avoidance mechanisms to avoid my trauma?
10. What is the true source of my trauma?
11. What can I do to create a safe space for myself to begin healing from my trauma?
12. What kind of support do I need to start healing from my trauma?
13. What are the areas of my life that have been affected by my trauma?
14. What are the triggers for my trauma that I need to be aware of?

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