

Shadow Work:

If I could write a letter to someone who has hurt me, what would I say?

How do I react when something doesn't turn out the way I had hoped it would?

If I could write a letter to myself for all of the times I have self judged and blamed, what would I say?

How can I cope with my sadness in a healthier way?

What are some bad habits and behavior I should improve?

How often and long do I think about my failures? Do I have issues with coming to terms with them? How can I improve this?

Is it difficult for me to forgive?

Why?

Am I honest to myself when it comes to how I feel?

How about with others?