

SHADOW WORK - STEP 1

CONFIDENCE

The first step of shadow work is uncovering your subconscious thoughts (beliefs you are unaware of). Please answer the following, preferably in a journal or electronic recording device:

Roots of Self-Doubt:

Reflect on a recent moment of self-doubt. What triggered it, and can you identify any patterns or recurring situations that contribute to your lack of confidence?

Early Influences on Self-Esteem:

Think back to your childhood. Were there specific messages or experiences that may have influenced your self-esteem negatively? How do these early influences manifest in your confidence today?

Comparisons and Social Media:

Consider how social media impacts your self-confidence. Do you find yourself comparing your life or appearance to others? How can you shift this comparison mindset to one of self-acceptance?

Inner Critic's Voice:

Listen to your inner critic. What negative messages does it convey about your abilities, appearance, or worth? How can you reframe these messages into more positive and empowering thoughts?

Fear of Failure:

Explore your fear of failure. What specific outcomes do you fear, and why? How can you redefine failure as a learning opportunity and a stepping stone towards success?

Positive Self-Image:

Describe a moment when you felt truly confident and proud of yourself. What were you doing, and what aspects of yourself did you appreciate in that moment? How can you cultivate more of these positive self-images?

External Validation:

Consider the role of external validation in your confidence. How much do you rely on others' opinions to gauge your self-worth? How can you shift towards finding validation within yourself?

Limiting Beliefs:

Identify one limiting belief you have about yourself. Where did this belief originate, and how does it hold you back? How can you challenge and reframe this belief to support your confidence?

Body Image and Confidence:

Reflect on how your body image influences your confidence. Are there specific aspects of your appearance that you struggle to accept? How can you focus on appreciating and celebrating your body as it is?

Setting Boundaries:

Examine your ability to set and maintain boundaries. How does boundary-setting (or lack thereof) impact your confidence? What steps can you take to establish healthy boundaries that support your well-being and self-assurance?

Approach these prompts with a sense of curiosity and openness, allowing yourself to explore the deeper layers of your thoughts and beliefs about self-confidence. Remember that shadow work is a process of self-discovery and growth.

