

SHADOW WORK - STEP 2

CONFIDENCE

The second step of shadow work is 'healing' the beliefs you just discovered, and convincing yourself otherwise. Please answer the following, preferably in a journal or electronic recording device:

Roots of Self-Doubt:

In the moment of self-doubt, identify one positive quality or achievement that you can celebrate about yourself. Reflect on this strength and consider how acknowledging it can counteract the patterns of self-doubt. How can you intentionally focus on your strengths in moments of uncertainty?

Early Influences on Self-Esteem:

Explore one positive aspect of yourself that you appreciate today. Reflect on how this positive quality contrasts with any negative messages from your past. How can you nurture and amplify this positive aspect to counterbalance the early influences on your self-esteem?

Comparisons and Social Media:

List three qualities or accomplishments that make you unique and valuable. Reflect on how these qualities differentiate you from others. How can you shift your mindset from comparison to celebration, embracing your individuality and strengths?

Inner Critic's Voice:

Challenge your inner critic by rewriting one negative message into a positive and empowering affirmation. Write down this affirmation and consider how repeating it can reshape your inner dialogue. How can you cultivate a more compassionate and supportive inner voice?

Fear of Failure:

Identify one lesson you've learned from a past 'failure' that has contributed to your growth. Reflect on how this experience has shaped your resilience and capabilities. How can you view 'failure' as a valuable teacher and a stepping stone toward success?

Positive Self-Image:

Recall the moment of confidence and pride you described. List three qualities or aspects of yourself that contributed to that positive self-image. How can you intentionally nurture and embody these qualities in your daily life to build a more enduring sense of confidence?

External Validation:

Explore one accomplishment or quality that you value about yourself, irrespective of external opinions. Reflect on how this intrinsic value transcends external validation. How can you prioritise your own assessment of your worth over others' opinions?

Limiting Beliefs:

Challenge the limiting belief you identified by listing three counterexamples that prove it wrong. Reflect on how these counterexamples demonstrate your capabilities and potential. How can you actively shift your mindset towards a more empowering belief about yourself?

Body Image and Confidence:

List three aspects of your body that you appreciate for their functionality, strength, or uniqueness. Reflect on how these positive aspects overshadow any perceived flaws. How can you shift your focus from criticism to appreciation, fostering a more positive body image and confidence?

Setting Boundaries:

Reflect on one instance where setting a boundary positively impacted your well-being and self-assurance. Consider how this experience demonstrates your ability to prioritize self-care. How can you build on this strength by setting and maintaining healthy boundaries in various aspects of your life?

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.

