

How to Heal an Anxious Attachment Style

A long-form workbook on anxious attachment, built around shadow-work journaling

Research-informed use. Attachment anxiety and avoidance are dimensional patterns, not fixed identities. Patterns can differ across relationships and over time; this material is for reflection, not diagnosis or prediction.

ABOUT THIS RESOURCE

A client workbook that begins with attachment theory and how an anxious style develops, then works on the subconscious mind, the law of detachment and a reality check on how much others notice. The bulk of the book is a shadow-work journal with a prompt and writing space on every page: childhood reflection, dealing with anxious triggers, confronting insecurities, dating and relationships, personal growth and envisioning the future, closing with affirmations and a conclusion.

The pages that follow reproduce the original handout exactly as published, placed inside the library frame. Nothing has been re-typed, reflowed or reconstructed, so worksheets, diagrams and forms print as designed. The header of each page names the source page it carries.

HOW TO USE IT

Best worked slowly over weeks. The journaling sections carry emotional weight, so pace them and debrief in session.

AT A GLANCE

AUDIENCE	Client Resource
FORMAT	Multi-page reference
FAMILY	attachment · relationships
PAGES	272 in this edition · 271 original pages

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HOW TO HEAL AN ANXIOUS ATTACHMENT STYLE

HEAL
ANXIETY
& PAST
TRAUMA

*QUIET THE MIND AND RELEASE ANXIETY:
TRANSFORMATIVE JOURNAL PROMPTS DESIGNED
TO HEAL YOUR ANXIOUS ATTACHMENT STYLE*

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ANXIOUS ATTACHMENT STYLE

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INTRODUCTION

HOW TO HEAL AN ANXIOUS ATTACHMENT STYLE

First of all - welcome. Looks like **you just became aware of your anxious attachment style** and you're ready for a change - **we love that for you.**

You've basically already completed step one - **awareness.** So, congrats on that.

How to Heal an Anxious Attachment Style is here to help you on the next part of your journey.

Together, we'll delve into the **origins of your anxious attachment style**, examine how your **subconscious programming** has been impacting your emotional responses, practice **shadow work** to heal past trauma and learn **how to reprogram the mind through visualization and affirmations.**

You've probably never tried a journal quite like this before, **so here's what to expect.**

Think of it like a trusty friend who's great at listening and **has some cool insights that you've never thought of before.** It's here to help you peel back the layers of your past and **build a stronger, wiser you.**

You might be wondering, **why shadow work?** Well, the answer is simple.

It's a powerful psychological tool that helps us to **explore the hidden parts of our personality**, our 'shadow,' that often influence our actions and reactions in ways **we might not consciously realize.**

We'll guide you through the process of understanding the role of your '**shadow,**' and using this knowledge to heal.



INTRODUCTION

HOW TO HEAL AN ANXIOUS ATTACHMENT STYLE



We've designed **a series of prompts** that will encourage **introspection, understanding, and personal growth**.

When worked with consistently, this self-therapy journal can bring about **profound changes** in your life, especially for those who **struggle with anxiety and stress**.

Most importantly, we will equip you with **practical tools and techniques** to heal your anxious attachment style.

Before we get started, take a moment to think about **what you hope to achieve** through this journey.

There's no judgement here.

Consider this your personal safe space to be **honest and real with yourself**.

Cool, now that you've done that, ready to get started?

UNDERSTANDING ATTACHMENT STYLES

SECTION 1

UNDERSTANDING ATTACHMENT STYLES

Understanding Attachment Theory

First things first, let's learn a bit about **attachment theory**.

Attachment theory, at its core, is all about our **connections with others**.

It's a psychological model that attempts to describe the **dynamics of long-term relationships between humans**.

But it's not just any relationship - it's the **deep, emotional bond that forms between a child and their caregivers**, and how these early experiences of love and connection **influence us in our adult relationships**.

Biologically speaking, **humans are wired for connection**. It's not just a feel-good, optional part of life.

It's essential for survival.

In our earliest years, **forming an emotional bond with caregivers is vital** because it directly influences a **child's safety and well-being**.

The child's attachment to a caregiver is a **survival mechanism that promotes basic needs**, triggering the **caregiver's instinctual response to provide care**.

After forming these initial emotional bonds with caregivers in your early years, which are paramount for your immediate safety and well-being, the **impact of these bonds extends far beyond childhood**.

These formative experiences don't just fade away; **they embed themselves in your subconscious mind**, becoming a kind of **automatic programming** that dictates how you approach relationships and emotional situations **in adulthood**.

We'll explore this a little further later on.

SECTION 1

UNDERSTANDING ATTACHMENT STYLES

Types of Attachment Styles

There are **4 main types of attachment styles**, each with its unique characteristics, strengths, and areas for growth. Here are the basics:

Avoidant Attachment

People with an **avoidant-dismissive attachment style** are uncomfortable with intimacy and tend to be emotionally distant. They value independence and self-reliance, often avoiding or downplaying the importance of close relationships. They may have **difficulty expressing their emotions or relying on others for support**. They often prefer to maintain distance in relationships.

Anxious Attachment

People with an **anxious attachment style** often experience a deep-seated fear of abandonment, coupled with insecurity and a desire to feel needed. This attachment style tends to emerge from experiences in early childhood where emotional needs were inconsistently met, leading to **heightened anxiety in relationships**. They may also have a **fear of rejection**. They tend to have a higher need for closeness and may experience **more frequent and intense emotions in their relationships**.

Disorganized Attachment

Also known as **fearful-avoidant**, this style is characterized by a combination of anxious and avoidant tendencies. People with a fearful-avoidant attachment style may have a **fear of both rejection and intimacy**. They may desire close relationships but also feel anxious about getting hurt or rejected. They may exhibit contradictory behaviors, such as **pushing others away while simultaneously longing for connection**.

Secure Attachment

People with a secure attachment style feel **comfortable with both intimacy and independence**. They trust their caregivers and feel secure in their relationships. As adults, they tend to have healthy and balanced relationships, with good communication, trust, and emotional support. **This is what we're aiming for!**

HOW YOU DEVELOPED AN ANXIOUS ATTACHMENT STYLE

SECTION 2

HOW YOU DEVELOPED AN ANXIOUS ATTACHMENT STYLE

Understanding Anxious Attachment

An anxious attachment style is characterized by a **deep fear of abandonment**. It's rooted in **insecurity, anxiety and a desire to feel needed by someone**.

When anxiously attached people obsess about their relationship, ex or a love interest it sends their body into **"fight or flight"** mode which **sets off all of your internal alarm systems**.

The **'fight or flight'** response isn't always a bad thing.

It's actually **crucial for survival in life-threatening situations**.

Problems start to arise when 'fight or flight' **becomes a person's default setting**.

As we've evolved, **the meaning of fighting for survival has changed**.

The **brain can't tell the difference** between **fearing a predator** that's about to **attack you** and fearing **something in your imagination** (i.e. remembering your ex partner cheating on you).

Both elicit **the same biological response - all it takes is one thought and it's like your mind and body are reliving that experience over and over again**.

Don't judge yourself if this sounds like you; as we mentioned this attachment style is actually developed based on **how your emotional needs were met as a child**.

You may have come from a home where you lacked security, had **inattentive or insensitive caregivers** or simply **lacked attention and connection**. Maybe your parents were trying their best but were **too busy with work**, or struggling with their **own mental health or attachment style issues**.

You may have also been **subjected to toxic relationships or been treated poorly by an ex partner**.

This often leads to an **obsessive compulsion when it comes to love and relationships**.

An anxiously attached person will **constantly try to decipher how someone is feeling, thinking and acting in a relationship** - so much so that it pushes the other person away.

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HOW YOU DEVELOPED AN ANXIOUS ATTACHMENT STYLE

Causes of an Anxious Attachment Style

Now let's try to identify **how you developed your anxious attachment style**.

Emotional Neglect

Childhood Roots: Children who feel unseen or unheard unless they "act out" learn to associate heightened emotions or dramatic behaviors with receiving attention. They might believe that they need to escalate situations to be noticed or cared for.

Adult Reinforcement: If an adult relationship involves a partner who is dismissive or neglectful unless confronted with drama, the pattern from childhood is perpetuated. The person might feel the need to create drama to ensure they remain significant in their partner's eyes.

Over-Involved Parenting

Childhood Roots: Over-involved or "helicopter" parenting can smother a child's natural development of independence. Instead of being given space to explore and learn on their own, these children might feel that they constantly need their parent's approval or guidance.

Adult Reinforcement: A partner who is overly controlling can reignite those childhood feelings. Conversely, someone with this background might seek partners who are overly involved or become overly involved themselves, associating such behavior with love.

Parental Mental Health

Childhood Roots: If your parent/s were dealing with their own emotional or psychological issues, it's likely that they were inconsistent in their emotional responses towards you. One day they might be loving and attentive; the next, distant or irritable. This inconsistency can foster anxious feelings, as you might constantly be on edge.

Adult Reinforcement: In your adult life, this could make you hyper-vigilant in reading your partner's moods and behavior. You may over-analyze situations and find it hard to feel secure in a relationship. This constant state of anxiety can make you more reactive to the ups and downs in your relationships, reinforcing the anxious attachment style rooted in your early experiences.

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Parental Favoritism

Childhood Roots: Growing up feeling like the less favored child can generate a host of emotional complexities. You might have internalized the belief that you're less deserving of love or attention.

Adult Reinforcement: This early imbalance may manifest as an internal tug-of-war between wanting affection and fearing that you're not worthy of it. You might find yourself settling for less than you deserve or feeling perpetually "second best" in your relationship.

Economic Instability

Childhood Roots: Living in a household where financial security was a constant issue can result in stress and unpredictability. Whether it led to frequent moves, changing schools, or just a pervasive sense of instability.

Adult Reinforcement: You may find that you're unusually alert to the financial dynamics in your relationships. You might also react skeptically to offers of stability, reflecting the insecurity that was instilled in you as a child. This ongoing apprehension perpetuates your anxious attachment as you continue to question what emotional security really means.

Academic Pressure

Childhood Roots: Growing up in an environment where academic success was not just encouraged but expected can create a high-stress atmosphere. The drive to meet these steep expectations can foster a sense of never being good enough, contributing to an anxious attachment style.

Adult Reinforcement: This early pressure to excel can manifest as performance anxiety in your relationships. You might feel an incessant need to "prove" your worth or "earn" love, driving you into a cycle of anxiety and self-doubt. Even small perceived failures in your relationship can trigger disproportionate amounts of stress, echoing the academic pressures of your youth and perpetuating your anxious attachment tendencies.

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Parental Alienation

Childhood Roots: Parental alienation usually occurs when one parent speaks negatively about the other, this can be during divorce, separation or even when still living under the same roof. This form of emotional manipulation can severely distort your perception of what stable relationships look like.

Adult Reinforcement: You may find yourself perpetually skeptical of partners or overly cautious in committing emotionally. Trusting someone may feel like an uphill battle, and you might subconsciously worry about choosing "the wrong side," just as you had to as a child.

Sibling Dynamics

Childhood Roots: If your relationship with your siblings was fraught with conflict, competition, or neglect, it could have impacted your attachment style. Without effective mediation from parents, sibling rivalry can escalate into a more damaging experience, leaving you with mixed feelings about trust and closeness.

Adult Reinforcement: These dynamics may play out in peer relationships or even in the workplace. You may find it difficult to establish trustful bonds or may see relationships as zero-sum games where someone has to lose for you to win.

Peer Bullying

Childhood Roots: Suffering from bullying, racism or societal prejudices during your critical developmental years can significantly impact your sense of self-worth. These experiences likely made it a challenge to establish trust with peers, adding another layer to your anxious attachment style.

Adult Reinforcement: You may have a deeply ingrained fear of rejection or humiliation. This fear can hinder your ability to open up emotionally and could make it difficult to trust your partner fully.

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Trauma or Loss

Childhood Roots: Experiencing trauma, such as abuse or the loss of a primary caregiver, can deeply embed feelings of insecurity. The child might constantly fear another traumatic event or loss, leading to anxiety about relationships and their stability.

Adult Reinforcement: In adult relationships, any sign of conflict or distance might be perceived as a precursor to another traumatic loss or betrayal. If an adult relationship ends traumatically, it can compound the fears originating from childhood trauma.

Busy Parent/s

Childhood Roots: Growing up with busy parent/s can create a kind of emotional vacuum. You may have been well provided for in terms of material needs, but emotional availability was often in short supply. This can create a deep-rooted anxiety, making you constantly seek approval and assurance, which you seldom received as a child.

Adult Reinforcement: In your adult relationships, this upbringing can manifest as a need for constant communication and attention from your partner. The moment you perceive your partner as being too busy for you, it can trigger an emotional response akin to the anxiety you felt as a child. Even when you logically know that being busy is a part of adult life, the emotional imprint from your childhood can make these instances feel like impending abandonment.

Unresolved Past Relationships

Adult Origin: Even if you didn't develop an anxious attachment style in childhood, adult relationships that were particularly tumultuous, betraying, or ended traumatically can contribute to the development of anxious attachment tendencies.

Adult Reinforcement: Every time you enter a new relationship, past betrayals might haunt you, leading to constant anxieties about their partner's fidelity, honesty, or commitment. This isn't just a thought; it's a visceral feeling, a knot in your stomach that tightens whenever there's an ambiguous text message or an unexplained absence. These constant anxieties can become a self-fulfilling prophecy, causing you to act out or withdraw in ways that may strain the relationship, thereby reinforcing your anxious attachment tendencies.

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Signs of an Anxious Attachment Style

Now that you have some idea of how you developed your attachment style, it's valuable to have a clear understanding of **what an anxious attachment style looks like in everyday life**.

Recognizing the signs can be the first step toward cultivating healthier relationships and greater emotional balance. Here are some of the **defining features of an anxious attachment style**:

- **A deep fear of abandonment in relationships:** You might constantly worry that your partner will leave you, and this thought creates a cycle of anxiety that's hard to escape.
- **Overanalyzing and overthinking interactions with others:** Even a simple text message can throw you into a spiral of doubt and worry, making you dissect every word and its possible implications.
- **Intense need for reassurance and validation from partners:** You often seek external confirmation of your partner's love and commitment, even when there is no actual reason to doubt their feelings.
- **Being overly sensitive to perceived signs of rejection:** Whether it's a delayed response to a text or a seemingly indifferent glance, you might read too much into small actions and assume they're signs of dwindling affection.
- **Difficulty trusting others' intentions and loyalty:** Even when your partner proves to be trustworthy, there's a lingering doubt that keeps you on edge, questioning their motives and fidelity.
- **Becoming clingy or overly dependent on partners for security:** In relationships, you might feel like you can't stand on your own two feet emotionally. You rely heavily on your partner to provide a sense of stability and assurance.

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- **Overwhelming desire for closeness and intimacy in relationships:** While the wish for closeness is natural, it can become excessive to the point of smothering your partner or disregarding their need for space and autonomy.
- **Jealousy and possessiveness in romantic partnerships:** These intense emotions can arise even in situations where there's no actual threat to your relationship, causing unnecessary strife and conflict.

Knowing these signs **helps you navigate through the intricacies of your own behavior**, offering insights on where to focus your energy for meaningful change.

Triggers for an Anxious Attachment

As an anxiously attached person you may be **triggered** by a number of things; from subtle nuances in conversation, to reading too much into a text or feeling ignored.

Your **mind is working on overdrive trying to protect itself** from anything that might threaten your relationship. As an anxiously attached person you can feel triggered when:

- **Absence or Lack of Communication:** A delayed text or call can make you wonder if your partner is losing interest, leading to anxious thoughts and behaviors.
- **Changes in Routine:** If your partner suddenly changes the usual pattern of interaction or daily routines without explanation, it might evoke fear and anxiety.
- **Emotional Distance:** Even a minor withdrawal of emotional affection or intimacy can make you feel insecure and compel you to seek reassurance.
- **Conflict or Arguments:** Disagreements can be perceived as threats to the relationship, causing anxiety about your partner's commitment to you.
- **Uncertainty in Relationship Status:** If your relationship hasn't been clearly defined, or if there's uncertainty about future plans, it can make your anxious attachment tendencies flare up.

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- **Social Media Activity:** Seeing your partner interact with others on social media, especially without any interaction with you, can be a significant trigger.
- **Being Excluded from Plans:** Whether it's a night out with friends or a family event where you're not included, the sense of exclusion can arouse feelings of insecurity and anxiety.
- **Observing Past Patterns in Current Scenarios:** If you've had previous relationships where your fears of abandonment were realized, similar situations in your current relationship can act as triggers.
- **Meeting Important People in Your Partner's Life:** The idea of not making a good impression can heighten your fears about your partner's commitment to you.
- **Financial or External Stressors:** Situations that are inherently stressful can exacerbate your anxious tendencies, making it more difficult to maintain a balanced perspective in your relationship.

By identifying these triggers, you can **work towards preemptive strategies** and coping mechanisms.

You'll be better prepared to **manage your emotional reactions** and take constructive steps to secure your relationships and internal emotional state.

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Exercise 1: Rating Your Anxious Attachment

The following exercise employs a simple rating system to help you better gauge your **anxious attachment tendencies**. Take a moment to reflect on the following statements. Rate how true each statement feels for you on a scale of 1 (rarely true) to 10 (always true):

- ☐ Not receiving a timely call/text triggers you
- ☐ Your partner making plans without you upsets you
- ☐ Your partner talking about other people they enjoy makes you feel anxious
- ☐ You constantly fear that they'll get bored of you
- ☐ Your partner wanting time alone or with friends triggers you
- ☐ You frequently need verbal assurance
- ☐ You experience intense jealousy when your partner interacts with others
- ☐ Fear of abandonment often crosses your mind
- ☐ You feel stomach discomfort or nausea when anxious
- ☐ You experience shortness of breath when anxious

- **Low Score (1-20):** You show milder anxious attachment tendencies. Awareness of even subtle triggers can be invaluable for your self-improvement.
- **Medium Score (21-50):** Your anxious attachment tendencies are moderate. Consider focusing on areas where you scored higher.
- **High Score (51+):** Your anxious attachment tendencies are pronounced and need some work.

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Reflection & Improvement

So, you've looked into various aspects of your emotional landscape, including **how you handle relationships, personal boundaries, and emotional needs**.

Now, it's time to focus on those areas where **you see room for growth**, specifically concerning your anxious attachment tendencies.

Pay close attention to where you've rated yourself **between 6 and 10** in the earlier anxious attachment exercise.

For each of these high scores, **jot down a concrete goal or a clarity you're striving to attain**.

Example:

- If **you scored high on**: "Not receiving a timely call/text triggers you."
- You could set the goal of: "I want to **manage my anxiety around slow replies** and feel secure when I don't get an immediate response."

This exercise will **serve as a reference point** you can revisit as you journey through this journal.

It's a way to make sure **you're aligning the work you're doing with the goals and changes** you aspire to see in yourself.

HOW YOU DEVELOPED AN ANXIOUS ATTACHMENT STYLE

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THE POWER OF THE SUBCONSCIOUS MIND

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THE POWER OF YOUR SUBCONSCIOUS MIND

Getting Stuck in Thought Loops

Did you know, your subconscious mind is **on a constant loop**?

You've thought around **90% of the same thoughts** today as you did yesterday - this is your very own version of "auto-pilot".

It's always there, always active, **shaping the story you live every day**.

Think of it like a program that's **always running without you realizing it**.

From your subconscious mind spring your thoughts, feelings, habits, and ultimately, **your lived reality**.

It's really hard to **break this cycle of thought**, especially when you're not aware of it.

So, what are you thinking about?

The subconscious mind stores all of your **memories, beliefs, values, past experiences and trauma**.

If you're someone who has unresolved issues, past trauma, resentment, fear or anxiety, the likelihood is that your **subconscious narrative or "the voice in your head" is mostly fearful, negative and full of anxiety**.

For example, if you've experienced trauma that has lead to the belief that **"no one will ever want me"** your subconscious programming will continue to **reiterate and confirm that belief**.

From the moment you're born, your subconscious mind **begins to store and learn** from every experience, every emotion, every belief, and all the information you encounter.

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Childhood Programming

We start to establish our subconscious programming between the ages of **0-7 years old**.

During this time, **both hemispheres of the brain are firing** and absorbing everything around us like a sponge.

This is where we start to become conditioned by our **families, friends, schools, religious beliefs and society**.

Through this conditioning, **we begin to develop our own personal identity** or "Ego".

By the time you reach 8 years old the **majority of your assumptions and belief systems are deeply ingrained in the subconscious mind** and will continue to **affect your behaviour into adulthood**.

So, in essence, all of your ingrained beliefs, assumptions and influences **from childhood are still triggering your subconscious mind** today without you even realising it.

The mind will fight to **stay in the 'known'** - even if that means living the **same stories of pain and trauma over and over again for a lifetime**.

This is your baseline - **your mind and body's comfort zone**.

We are going to **intentionally disrupt** any negative subconscious thoughts through awareness and affirmations.

By intentionally changing your thought patterns through **awareness, visualization and affirmations** you can create new **neural connections in the brain** and rewire your mind towards more positive, self-loving and empowering thoughts.

This is called **neuroplasticity**.

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Rewiring Your Nervous System

When you find yourself stuck in a mental loop, **replaying the same stories and scenarios over and over again**, there's more happening beneath the surface than just a "busy mind."

These repetitive thought patterns can actually have a **physiological impact on you**.

When your thought patterns are largely **negative, fear-based, or anchored in past traumas** it can lead to a **disregulated nervous system**.

What does that mean?

Well, it **throws your stress response mechanisms out of whack**, making it more challenging to cope with day-to-day pressures.

Remember, your body can't differentiate between **a vivid thought or memory and an actual experience**; both trigger the **same physiological responses**.

These incessant loops **contribute to your body's production of stress hormones like cortisol and adrenaline**, setting off a domino effect that can influence everything from **your mood to your immune system**.

This cycle of biochemical responses can perpetuate your state of being, **keeping you locked in a reactive mode rather than a proactive one**.

The **subconscious mind clings to the stories you tell yourself**, the **memories you sit with** and continues to **send the same thoughts to you over and over again**.

So, breaking free from these repetitive thought loops isn't just about achieving mental clarity; it's about **recalibrating an entire system — your mind-body network** — to function in a way that **supports your holistic well-being**.

It's cool though, **we're going to work on this together**.

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Awareness & Listening to Your Thoughts

Now that you have an awareness of your subconscious loop, **it's time to disrupt it.**

Your internal dialogue is geared towards **making sure you're loved and valued, but it has a way of creating emotional turbulence.**

This often manifests as **heightened sensitivity to your partner's moods, words, and actions**—always scanning for signs of approval or disapproval.

Your subconscious **feeds you lines that you need constant reassurance** to feel secure, which just **fuels your cycle of emotional neediness.**

Remember, the **body doesn't know the difference between a thought and a real experience.**

Every time you think **about that fight from a few weeks ago**, or a **bad childhood memory**, or that **ex that cheated on you**, your brain thinks it's happening **right now.**

Can you see how that's a problem? Your **internal alarms are always activated** and we need to start working on that.

Here's the truth: **it's you vs you here.**

You're **challenging your default programming** by interrupting it and sending it new messaging.

You're taking control by understanding that **you are not your thoughts - crazy, right?**

The more you pay attention to what's going on in your brain, the more you can actively **choose your thoughts.**

When your brain starts to hear **positive thoughts** as opposed to **negative or fearful thoughts**, it **starts to believe them.**

It's like giving yourself a software update, that loop that you've been stuck in for **months, years or even decades** starts to shift and change. **Make sense?**

It takes 30 days to create new neural pathways. Are you ready to start **rewiring the mind together?**

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Techniques for Listening to Your Thoughts

Ready to **take back control** of your mind? Make a commitment out loud to yourself right now, say: **"I am going to start listening to my thoughts"** - this is setting a reminder for your brain.

Now let's **start practicing**.

Technique 1: Catching & Challenging

The first technique is catching and challenging your thoughts.

What's something that's **causing you stress or anxiety at the moment?** Write it down.

We're going to use this situation **as a test**.

For the next few days, every time you think about this situation, try to **catch the thought**.

It sounds **a little weird**, but now that you have an **awareness** of your loop you're going to see that your **brain runs off on tangents all the time** without you even consciously realizing it.

Once you catch the thought **"observe it"**.

Challenge it.

- Was it valid?
- Do you agree?
- Why are you thinking it?
- Where did the thought come from?
- Has this thought been on loop for more than one day?
- What can you do about the thought?

Interrupt the thought - literally - **tell yourself to stop** - **shift your focus to something else**.

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Technique 2: Breathwork

If you ever find yourself in a **mental spiral** or feeling **particularly stressed**, you can use **breathwork to redirect your thoughts**.

Why breathwork?

When you take **slow, deep breaths**, you're sending **signals to your brain to chill out**.

Deep breathing activates the **vagus nerve**, the largest nerve in the body, that connects the brainstem to all of our major organs and **is responsible for regulating emotion**.

Stimulating this nerve **kicks your parasympathetic nervous system** into gear—that's the "**rest and digest**" part of your autonomic nervous system.

This **counters the stress-induced "fight or flight" mode**, **dialing down the production of stress hormones like cortisol**.

What you get is a **calmer mind**, **lower heart rate**, and a **sense of equilibrium**, making it **easier to tackle any thoughts or challenges that come your way**.

So, the next time you breathe deeply, know that you're doing some **instant neuroscience to get your system back on track**.

Tips for Breathwork

- Try to **focus your mind on the air entering your nose and exiting your mouth**.
- When you catch yourself thinking again, **redirect your mind to the breath**.
- Make your first breath **slow and deep**.

Here's one simple technique that helps you regulate your nervous system:

- 1 deep inhale through the nose, fill your belly, followed by;
- 1 short inhale through the nose, up to your chest, then;
- Hold at the top of your head for 8-10 seconds, followed by;
- 1 long exhale for 6-8 seconds through the mouth,
- Repeat 3-10 times.

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Technique 3: You vs Your Phone

When you wake up in the morning, **what's the first thing that you do?**

Grab your phone? **Thought so.**

When you wake up, your brain is transitioning from a **theta state—a deeply relaxed, borderline meditative state—to a more alert alpha or beta state.**

This is a crucial time for **setting intentions and framing your mindset for the day.**

Reaching for your phone **disrupts this process.**

It **immediately puts you in a reactive mode**, absorbing external stimuli like emails, social media, and news.

This can cause a **spike in stress hormones** and conditions your brain to be more reactive and less intentional throughout the day.

In essence, you're forfeiting your first moments of the day to external circumstances, instead of **consciously steering them to align with your own well-being and goals.**

We know that this one is going to be hard **but you're here to make changes**, right? And you're probably going to fail some days, **but that's okay, try again the next day.**

Here's what to do on **days that you do remember:**

- Realize that you're waking up - oh hey.
- Consciously stop yourself from touching your phone.
- Stay in your bed and lay on your back
- Take 10-20 deep breaths, **inhaling through the mouth and exhaling through the mouth**
- Take a moment to sit in a calm state after your breaths
- Tell yourself that you're going to own the day in whatever words feel authentic to you.

Then when you're done - grab your phone - **we know you want to.**

This is a really interesting **you vs you moment. Your mind and body will fight you on this.**

The question is - **who will win?**

SECTION 3**THE POWER OF YOUR
SUBCONSCIOUS MIND****Technique 4: Mirror Talk**

This one's pretty simple but something **you've probably never done**.

Mirror talk.

Every time you catch yourself in the mirror look into your eyes and say a positive mantra to yourself; **something like "damn I am f***ing sexy" or "I am feeling incredible today" or "I am crushing it today"**.

Use words that **resonate with you** but make sure they are **positive** and use an **"I am"** statement.

Even on days you don't believe it, **make it a habit**.

Make it short - **make an impact with it**.

Write down your mantra:

Say it out loud when you're alone and **in your head** when people are around (we don't want them to think you're crazy).

Try to do this as often as possible - it'll start to **become a habit and you'll find yourself automatically saying it at some point** - you might even start to really **believe it**.

SECTION 3

THE POWER OF YOUR SUBCONSCIOUS MIND

Exercise 2: Your Web of Beliefs

We've talked a lot about your attachment style and how your subconscious programming is shaping your life and we'll continue to unpack that more later, aside from that - **who are you as of right now?**

What do YOU believe?

We're now going to do an exercise to **map out your web of beliefs**.

1. On the next page draw lines radiating out from "My Beliefs", like a web.
2. At the end of each line, write a **belief or assumption** you hold about yourself, others, or the world. For example what do you believe about:
 - Life - is it fair?
 - Love - do you believe in it?
 - People's opinion's about you?
 - How you look?
 - Where you are in life?
 - Failure
 - Expectations
 - Your ability to change your life
 - The purpose of life?
 - What the future holds?
3. Once you've filled the page, take a step back. Look at your Belief Web. **Are there any beliefs that surprise you? Any patterns?** Any beliefs that might be holding you back from fully accepting yourself?
4. Circle the beliefs **you want to work on** changing throughout your journey.

SECTION 3

THE POWER OF YOUR SUBCONSCIOUS MIND

My Beliefs

THE LAW OF DETACHMENT

SECTION 4

THE LAW OF DETACHMENT

Law of Detachment Basics

Hopefully at this point you've learnt some **really cool stuff about how your brain works**.

Now let's talk about the **law of detachment and how it can help**.

The law of detachment is the simple understanding that **we are not in control of other people's actions**.

It's the idea that in order to manifest our desires that we have to **release ourselves from the attachment to an outcome**.

When you let go in this manner, **you no longer feel the compulsion to obsess** over every detail when it comes to love and relationships.

This can be particularly difficult for someone with an **anxious attachment style**.

Sometimes the desire to control is so strong that it is **mentally overwhelming**.

By letting go of our **obsessive focus on specific outcomes**, by releasing the need to control every detail, we free ourselves from the constraints of "lack" thinking.

Let's get into the fundamental principles of the **law of detachment**.

SECTION 4

THE LAW OF DETACHMENT

Presence

Presence is a fundamental aspect of the law of detachment - sounds simple, **but being present can actually be really difficult.**

It involves living in the present moment and **not being stuck in your head with all that chatter all the time.**

When you direct your attention to **what's happening at this very moment**, you create mental space.

This mental freedom **lets you evaluate your thoughts, your choices, and yes, even your relationships**, from a fresher perspective.

So, **how do you do this?**

You're **already starting to practice catching your negative thoughts**, but this is a little different.

Begin by **catching yourself when you start drifting away in any thought.**

Acknowledge it without judgment and guide your **focus back to the now - on whatever you're doing.**

This isn't a one-time fix; **it's a practice.**

You don't need to do this all the time but **having this awareness can really help to clear your mind and stop overthinking.**

A fun little trick to try and quiet the mind is to ask yourself **"I wonder what thought I'll think of next".**

Do this the next time you find yourself distracted - **you might get a surprise at what your brain does.**

SECTION 4

THE LAW OF DETACHMENT

Acceptance

There's a reason why the saying goes "**expectation is the thief of joy**".

Simply don't have any.

When you have a **rigid idea in your head** about how someone should behave, you're setting yourself up for failure.

Obsessing over someone else's behaviour **doesn't change them** - it just **stresses you out**.

When you focus inwardly and **detach from expectations** you gain more clarity on what you deserve and whether the person you're interested in can provide that.

Sometimes, they are capable and **other times it's time to move on** (we know this seems impossible and is really difficult to accept - but you can do it).

You simply can't force someone to be who you want them to be - **it has to ultimately be their decision**.

Detaching from this expectation will allow you the space to **understand your emotions and what's right for you**.

Spend your time and energy on becoming a **better YOU**.

Do things that **make you feel happy and confident** - prioritize your **personal growth** and healing.

When your whole world **revolves around the love of another person** you are constantly signalling lack, worry, disappointment to the mind - **which encourages anxious and negative thoughts**.

When you **focus on things that make you feel happy** you are attracting more happiness.

Put yourself out there, do something **fun and creative that keeps you present**, try **new things** and **distract the mind from compulsive thoughts**.

SECTION 4

THE LAW OF DETACHMENT

Letting Go

Letting go is a crucial aspect of the law of detachment. It involves **releasing attachment to what no longer serves your growth** and happiness.

It's not about being indifferent or uncaring but rather making room for new experiences and opportunities that **align more authentically with your current self**.

Letting go is an act of **trust** that allows you to **move forward with freedom and openness**.

- Release attachment to **past hurts, resentments, and disappointments**.
- Let go of relationships that are **no longer healthy or fulfilling**.
- Detach from the **need for external validation** and approval.
- **Surrender control over the outcomes** and trust in the natural flow of life.
- Make space for **new experiences, growth, and opportunities**.

These fundamentals of the law of detachment empower you to **live authentically, embrace uncertainty, and allow the natural unfolding** of your journey.

Don't worry if this all seems too difficult, we'll help you work through these emotions in the **shadow work prompt section**.

Tips for Letting Go

1. Allow others to **be who they are**
2. Allow yourself to **be who you are**
3. Don't **force** situations
4. Solutions will emerge **when you least expect them**
5. **Uncertainty is a reality**
6. Obsessing over something **doesn't change it**
7. Obsessing over someone **doesn't change them**
8. **Embrace it**
9. **Let go**

SECTION 4

THE LAW OF DETACHMENT

The Spotlight Effect

Cool, now that you're familiar with the law of detachment let's take this a step further and talk about **the Spotlight Effect**.

It might be that your **anxious attachment extends to all of your relationships** or that you feel generalized anxiety about most of your interactions.

Ever walked into a room and **felt like all eyes are on you—and not in a good way?**

Ever obsessed over **a tiny mistake you made** or get that weird body jolt when you think about something **cringey thing that you said?**

You're not alone, but you're also probably **overestimating how much attention people are actually paying to you.**

This psychological phenomenon is called the "**Spotlight Effect.**"

The Spotlight Effect is this sense **that everyone is thinking about and judging you.**

You are the centre of your world - true.

But here's the eye-opening truth: **most people are too wrapped up in their own worlds to be thinking about you.**

Understanding the Spotlight Effect **can be liberating.**

Imagine the amount of emotional energy you could save by **not fussing over what people think.**

It's not about becoming careless or insensitive; it's about **freeing yourself from the bondage of external judgments.**

By recognizing that you're not the star of everyone else's show, **you unshackle yourself from unnecessary stress and social anxiety.**

Do whatever you want, be whoever you want.

Everyone is so caught up in their own lives that **not giving a f*ck really is the key.**

YOUR SHADOW WORK JOURNAL

SECTION 5

YOUR SHADOW WORK JOURNAL

Now that you **understand anxious attachment** a little better, you've become **aware of your thoughts** and you understand the **law of detachment**, it's time to get into shadow work.

What is the Shadow Self?

We all have a "shadow self"; this is the part of the subconscious mind where we store all of our **deepest shame, regret, denial and desires**.

It's the part of us that we hide from the world. In the context of **anxious attachment style**, the shadow may include fears of **abandonment, disloyalty and disapproval**.

The more we repress these parts of ourselves **the darker our shadow self becomes**.

These emotional blockages lead to **self sabotaging behaviour, anxiety and negativity**.

Shadow work helps to **access these parts of yourself** to experience a release of these **repressed feelings**.

What is Shadow Work?

Shadow work is a simple but powerful practice where you **answer questions** relating to your childhood and adult life to **determine your patterns of behaviour**.

It was first derived by renowned psychoanalyst Carl Jung who believed that our shadow self is **predominantly developed during childhood**.

Prompts about **childhood are integral to the practice** to understand where your behaviour manifests from.

These prompts will help to access parts of the subconscious brain that store your **deepest memories, beliefs and assumptions about the world**.

These are the traits that are deeply programmed in the mind that you **barely even recognise in yourself**. As you answer the prompts you will unearth answers that you might not have even been aware of.

SECTION 5

YOUR SHADOW WORK JOURNAL

The Role of Trauma

Now that you're aware of what shadow work is, you've probably realized that you'll be **confronting some past trauma** with your shadow work prompts.

It's important here to understand the context of **the word "trauma"** as we're using it.

Big "T" Trauma

"Big T" traumas include events that are generally recognized as traumatic by society. They're usually **significant, shocking, or catastrophic** occurrences such as emotional or sexual abuse, violence, or other life-threatening situations.

Small "t" Trauma

"Small t" traumas might not be life-threatening or as immediately shocking, but they still carry a **significant emotional weight**.

They include things like when a child is **emotionally neglected, dismissed, confused about their identity, overly disciplined, limited in expression, controlled, smothered, had too many expectations placed on them or were passively bullied** by their parent/s.

Maybe your parent/s were just **too busy trying to support the family**, maybe they were **trying their best but also struggling with their own issues**.

The terms "big T" and "small t" **do not imply** that one type of trauma is more important or impactful than the other.

The impact of trauma is subjective and **varies greatly from person to person**. Both types can lead to lasting emotional pain that affect you into adulthood.

Understanding these **root causes is crucial for healing**.

It allows you to recognize that **your coping mechanisms served a purpose** at one point, even if they're **no longer serving you now**.

It's **not about assigning blame**, but about **understanding and compassion**.

SECTION 5

YOUR SHADOW WORK JOURNAL

Now that we've delved into the concept of shadow work, **it's time to put theory into practice.**

This section is designed to help you **explore your 'shadow'** through a series of prompts.

Each set of prompts focuses on a **different aspect of your relationship and personal history.**

1. Childhood Reflection
2. Identifying Anxious Triggers
3. Confronting Insecurities
4. Dating, Sex & Relationships
5. Focusing on Personal Growth
6. Envisioning the Future

Remember, shadow work is a **personal and often emotional process.**

It's okay to feel **uncomfortable at times.**

That discomfort is a sign that you're **pushing your boundaries and growing.**

SECTION 5

YOUR SHADOW WORK JOURNAL

Shadow work journaling can be **quite an emotional experience** so we recommend practicing in a **safe and calm environment**.

Tips For Shadow Work Journaling

1. **Create a safe space:** Find a quiet and comfortable space where you can focus on your thoughts and emotions without distractions. Set up your space so that you feel calm and safe
2. **Write Freely:** This journal is a judgement-free zone. Let your thoughts flow freely on the pages. Don't worry about sounding 'correct' or 'proper'. Just write what feels right for you, in your own voice.
3. **Choose prompts that resonate with you:** If they make you feel uncomfortable then they're usually the ones you should answer
4. **Focus on the Details:** Go into as much detail as you can when writing your answers
5. **Don't hold back:** This journal is just for you, there should be no shame or fear when practicing. You don't have to share it with anyone unless you want to. It's a safe container for your thoughts, emotions, dreams, fears, and hopes.
6. **No Wrong Answers:** In this journal, every answer is the right one because it's yours. Your experiences, your feelings, your perspectives – they all matter. Each prompt is an invitation for self-exploration, not a test.
7. **Allow emotions to surface:** If you feel any intense emotions bubbling let them out!
8. **Embrace Creativity:** Feel free to use different forms of creative expression. If words don't feel sufficient, you can draw, sketch, doodle, use colors, write poems, or even create a collage. This journal is your canvas.
9. **Consistency and Flexibility:** You can practice over days, weeks or months. Aim for consistency, but don't stress if life gets hectic and you miss a day or two. The important thing is to come back when you can. Similarly, if you want to spend more time on a particular exercise, alter the question or skip one that doesn't resonate, that's perfectly fine. This journey is about you and should be adapted to your rhythm
10. **Be kind to yourself:** if it feels overwhelming take a break

CHILDHOOD REFLECTION

SHADOW WORK PROMPTS**CHILDHOOD REFLECTION****Shadow Work & Your Inner Child**

Your shadow work journey starts with some **deep childhood reflection**. This is going to help you understand **where your anxious patterns of behavior started**.

Your inner child is that part of your psyche that **still reacts and feels like the child you once were**.

It carries your **experiences, memories, and emotions** from your early years.

As we grow older, many of us suppress this part of ourselves to fit into societal norms and expectations, leading to an **unaddressed emotional turmoil** that can have a significant impact on our lives.

Shadow work is the process of **acknowledging, understanding, and healing this hidden part of yourself**.

It involves **addressing the unmet needs, unrecognized desires, and unresolved emotions of your inner child**.

By engaging in this **profound self-reflection process**, you can identify the **origins of your fears, insecurities, and patterns of behavior** that may be holding you back.

Shadow work can help us understand these experiences, see how they shaped our attachment styles, and **allow us to heal** and move towards a healthier way of relating to others.

We'll help you **bring light to your shadow**, giving it the **attention, love, and understanding it needs to heal**.

Through this healing, you can start reshaping your fears, releasing your attachment to certain outcomes, and **begin embracing self love**.

Ready to get started?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

AS A CHILD WHO WAS YOUR CLOSEST EXAMPLE OF LOVE?

WHAT DID YOU THINK OF THIS RELATIONSHIP GROWING UP? WRITE AS IF YOU WERE ANSWERING AS YOUR CHILD SELF.

WHAT DO YOU THINK OF THIS RELATIONSHIP AS AN ADULT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW DID YOUR PARENT/S REACT WHEN YOU EXPRESSED YOUR NEEDS AS A CHILD? GIVE A SPECIFIC EXAMPLE OF A TIME THEY REACTED TO YOU EXPRESSING YOUR NEEDS.

CAN YOU REMEMBER HOW THEY MADE YOU FEEL? EXPLAIN IN DETAIL.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHO WAS THE FIRST PERSON YOU FELT CLINGY TO AS A CHILD AND WHY DID YOU CLING TO THEM?

HOW DID THIS PERSON TREAT YOU?

DO YOU REMEMBER WHAT TRIGGERED YOUR CLINGINESS?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW DID YOUR FAMILY COMMUNICATE AND EXPRESS LOVE AS A CHILD? WAS YOUR HOUSE WARM/COLD?

DID YOU FEEL LIKE YOU WERE GIVEN ENOUGH ATTENTION? WAS IT TOO MUCH? HOW DO YOU FEEL THAT IMPACTED YOU?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT BELIEFS ABOUT LOVE AND RELATIONSHIPS DID YOU FORM IN YOUR CHILDHOOD FROM YOUR PARENT/S?

DO YOU SHARE THESE BELIEFS ABOUT LOVE AS AN ADULT? WHY/WHY NOT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WERE THERE EVER TIMES WHEN YOU FELT LIKE YOU HAD TO HIDE OR CHANGE PARTS OF YOURSELF FROM YOUR FAMILY? WHAT WERE THEY?

ARE YOU STILL HIDING PARTS OF YOURSELF? IF SO, WHY?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHEN YOU THINK ABOUT YOUR BOND WITH YOUR MOTHER/MOTHER
FIGURE, WHAT STANDS OUT? HOW DID YOU FEEL ABOUT HER AS A CHILD?

CAN YOU SEE ANY OF THEIR TRAITS IN YOU NOW? ARE THEY GOOD, BAD
OR BOTH?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHEN YOU THINK ABOUT YOUR BOND WITH YOUR FATHER/FATHER FIGURE,
WHAT STANDS OUT? HOW DO YOU FEEL ABOUT EACH OTHER?

CAN YOU SEE ANY OF THEIR TRAITS IN YOU NOW? ARE THEY GOOD, BAD
OR BOTH?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW DID YOUR FAMILY HANDLE FEELINGS OF ANXIETY OR STRESS? WAS IT TALKED ABOUT OPENLY OR BRUSHED UNDER THE RUG?

WRITE ABOUT SOME SPECIFIC EXAMPLES OF FEELINGS OF ANXIETY AND STRESS IN THE HOUSE AND HOW IT IMPACTED YOU AS A CHILD.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WAS THERE A TIME DURING YOUR CHILDHOOD THAT YOU FELT REJECTED BY
SOMEONE WHO LOVED YOU? WHAT DID THEY DO?

HOW DID THIS AFFECT YOU?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOUR PARENT/S OPENLY DISCUSS STRESSES OR COMPLAIN (RELATIONSHIP, FINANCIAL, FAMILY)? WHAT DO YOU REMEMBER THEM TALKING ABOUT IN FRONT OF YOU?

DID THIS WAY OF THINKING RUB OFF ON YOU? EXPLAIN WHY/ WHY NOT.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT’S SOMETHING YOU MISS ABOUT BEING A CHILD? EXPLAIN IN DETAIL.

WHY DO YOU MISS THAT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID ANY OF YOUR CHILDHOOD FRIENDS SEEM TO UNDERSTAND OR SHARE YOUR FEELINGS OF ANXIETY? IF YES, EXPLAIN HOW THEY SHARED IT, IF NOT EXPLAIN WHAT IT WAS LIKE EXPERIENCING THIS ALONE.

HOW DID YOU HELP EACH OTHER? HOW WERE YOU BAD FOR EACH OTHER? OR WHAT COPING MECHANISMS DID YOU CREATE ON YOUR OWN?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOU HAVE A SAFE PLACE YOU WOULD RETREAT TO WHEN YOU WERE ANXIOUS AS A KID? DESCRIBE THAT PLACE.

WHAT FEELINGS WERE BROUGHT UP WHILE THINKING ABOUT THIS SPACE?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT ROLE DID YOU TEND TO TAKE ON WITHIN YOUR FAMILY AS A CHILD?
WHO WERE YOU TO YOUR PARENT/S AND/OR SIBLING/S?

DO YOU FIND YOURSELF SLIPPING INTO THIS SAME ROLE IN RELATIONSHIPS?
WHAT’S AN EXAMPLE?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

THINK ABOUT YOUR CHILDHOOD INNER MONOLOGUE & YOUR CURRENT INNER MONOLOGUE. ASSIGN WHAT KIND OF THOUGHTS YOU HAD AS A CHILD VS NOW. FOR EXAMPLE; HAPPY, ANGRY, SCARED, HOPEFUL

CHILDHOOD THOUGHTS

ADULT THOUGHTS

ARE THE LISTS DIFFERENT? IF SO WHY, IF NOT WHY NOT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WERE YOU EVER BELITTLED OR TALKED DOWN TO AS A CHILD? WERE YOU TOLD NOT TO EXPRESS YOUR EMOTIONS? WRITE DOWN WHAT WAS SAID TO YOU.

DOES THIS STILL AFFECT YOU?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

REFLECT ON WHAT WAS YOUR MOST TRAUMATIC EXPERIENCE AS A CHILD. WHAT HAPPENED?

HOW DID THIS MAKE YOU FEEL ABOUT YOURSELF? DID IT CHANGE YOU? HOW?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT WAS YOUR HAPPIEST MOMENT AS A CHILD - WHERE WERE YOU, WHO WERE YOU WITH? EXPLAIN IN DETAIL.

HOW DID YOU FEEL LOVED IN THIS MOMENT, IF AT ALL?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT WAS THE BIGGEST SECRET YOU KEPT AS A CHILD?

HOW DID KEEPING THAT SECRET SHAPE YOU?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW DID YOUR CHILDHOOD SELF COPE WITH FEELINGS OF ANXIETY? DID YOU HAVE ANY STRATEGIES OR COMFORTING HABITS?

DO YOU STILL DO ANY OF THESE AS AN ADULT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOU FEEL VALIDATED AS A CHILD? WERE YOUR CAREGIVERS OVERBEARING, ABSENT OR ENCOURAGING? EXPLAIN IN DETAIL.

WHAT'S AN EXAMPLE OF A TIME THEY SHOWED YOU VALIDATION?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT CHILDHOOD FEARS OR PHOBIAS CONTRIBUTED TO YOUR ANXIETY?

DO THEY STILL AFFECT YOU NOW?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

AS A CHILD, DID YOU FEEL LIKE YOUR ANXIETY WAS 'NORMAL', OR DID YOU
FEEL DIFFERENT FROM OTHER KIDS?

HOW HAS YOUR ANXIETY CHANGED SINCE THEN?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DRAW SOMETHING THAT YOUR CHILDHOOD SELF USED TO DRAW. EVEN IF YOU'RE TERRIBLE AT IT, GET CREATIVE AND HAVE A LITTLE FUN.

CHILDHOOD REFLECTION

[illegible]

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW DID YOUR FAMILY DEAL WITH STRESS OR CRISES?

DO YOU SEE ANY SIMILAR PATTERNS WHEN MET WITH CHALLENGING TIMES
IN RELATIONSHIPS.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

IMAGINE YOU COULD TRAVEL BACK IN TIME TO YOUR CHILDHOOD FOR ONE DAY. WRITE ABOUT WHAT YOU WOULD DO, WHO YOU WOULD SEE, AND WHAT YOU WOULD SAY TO THEM.

[illegible]

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW WERE MISTAKES OR FAILURES ADDRESSED IN YOUR FAMILY? GIVE AN EXAMPLE.

HAS THIS AFFECTED THE WAY YOU VIEW HARDSHIPS OR SETBACKS IN YOUR RELATIONSHIP?

SHADOW WORK PROMPTS**CHILDHOOD REFLECTION**

DRAW A MAP OF YOUR CHILDHOOD NEIGHBOURHOOD. LABEL THE PLACES THAT WERE IMPORTANT TO YOU AND WRITE A DESCRIPTION OF WHAT THEY MEANT TO YOU ON THE NEXT PAGE.

CHILDHOOD REFLECTION

WHAT DID THESE PLACES MEAN TO YOU?

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SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

IF YOUR CHILDHOOD SELF COULD EXPLAIN HOW THEY FELT ABOUT YOUR SIBLING/S, WHAT WOULD THEY SAY? WRITE IT IN THEIR TONE OF VOICE.

HOW DO YOU FEEL ABOUT THEM NOW? ARE YOU CLOSE? DO YOU WISH YOU WERE CLOSER?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT WAS ONE STRONG BELIEF THAT YOU HAD AS A CHILD THAT YOU WERE WRONG ABOUT.

WHAT CHANGED YOUR MIND?

HAVE YOU FULLY RELEASED THIS BELIEF OR DO YOU THINK IT STILL LINGERS? WHY?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DO YOU SHARE THE SAME VALUES AS YOUR PARENT/S AS AN ADULT OR HAVE YOU GONE IN THE OPPOSITE DIRECTION? WHY?

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SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOU HAVE AN ANXIOUS PARENT? IF SO, HOW DO YOU THINK THEIR ANXIETY AFFECTED YOU AS A CHILD?

HOW DID THEIR REACTIONS AFFECT YOU?

CAN YOU RECONIZE ANY OF THEIR PATTERNS IN YOU? IF SO, WHAT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOU HAVE A PARENT WITH MENTAL HEALTH ISSUES? IF SO, HOW DO YOU THINK IT AFFECTED YOU AS A CHILD?

HOW DID THEIR REACTIONS AFFECT YOU?

CAN YOU RECONIZE ANY OF THEIR PATTERNS IN YOU? IF SO, WHAT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHO WAS YOUR FIRST EVER CRUSH? WHAT HAPPENED BETWEEN YOU?

DO YOU THINK THIS HAD AN IMPACT ON THE WAY YOU LOOKED AT RELATIONSHIPS?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT WERE THE SPOKEN OR UNSPOKEN RULES ABOUT RELATIONSHIPS IN YOUR FAMILY AS A CHILD?

REFLECT ON HOW THESE MIGHT HAVE WEAVED INTO YOUR OWN RELATIONSHIP VALUES.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOU RELY HEAVILY ON ONE PARENT OR FEEL CODDLED BY THEM? OR DID YOU CRAVE A PARENT/S ATTENTION WHO DIDN'T GIVE IT TO YOU? EXPLAIN.

HOW DID THIS RELATIONSHIP IMPACT THE WAY YOU LOOK AT CLOSENESS IN RELATIONSHIPS?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT WERE YOUR PARENT/S ROMANTIC RELATIONSHIP/S LIKE? HOW DID THEY TREAT THEMSELVES AND OTHERS?

HOW DID THIS AFFECT YOU?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOU HAVE A PARENT OR SIBLING THAT WAS OVERLY RELIANT ON YOU AS A CHILD? WHO WAS IT? WHAT DID YOU DO FOR THEM?

HOW DID THIS SHAPE THE WAY YOU VIEWED YOUR RELATIONSHIPS AND FRIENDSHIPS?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT ROLE DID YOU PLAY IN YOUR FRIENDSHIP GROUPS? EXPLAIN YOUR PERSONALITY AT SCHOOL.

HOW DID THIS AFFECT YOUR ANXIETY?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WERE YOU EVER TEASED OR BULLIED ABOUT YOUR PHYSICAL APPEARANCE
OR PERSONALITY? IF SO, WHAT HAPPENED?

HOW DID THIS AFFECT YOU AS A CHILD?

DO YOU THINK THIS STILL AFFECTS YOU? WHY?

CHILDHOOD REFLECTION

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SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

PICTURE IN YOUR MIND MEETING YOUR 8 YEAR OLD SELF. WHERE WOULD YOU MEET THEM? WHAT WOULD YOU SAY TO THEM? WHAT ADVICE WOULD YOU GIVE?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

IF YOUR CHILDHOOD SELF COULD SEE YOU NOW, WHAT WOULD THEY THINK?
WOULD THEY BE SURPRISED AT WHO YOU HAVE BECOME?

WHAT WOULD YOUR CHILDHOOD SELF WANT FOR YOU? WRITE IN THEIR TONE
OF VOICE.

DEALING WITH ANXIOUS TRIGGERS

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

THINK ABOUT A RECENT SITUATION WHERE YOUR ANXIETY WAS TRIGGERED.
WHAT HAPPENED EXACTLY?

CAN YOU PINPOINT WHAT SET IT OFF?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

RECALL A MOMENT WHEN YOU FELT LIKE YOU WERE 'TOO MUCH' FOR SOMEONE. WHAT HAPPENED?

HOW DID THAT IMPACT YOUR SELF-ESTEEM? HOW CAN YOU REMIND YOURSELF OF YOUR WORTH IN SUCH MOMENTS?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

THINK ABOUT A TIME WHEN YOU FOUND IT DIFFICULT TO EXPRESS YOUR NEEDS FOR FEAR OF REJECTION.

WHAT HELD YOU BACK?

WAS THIS VALID?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

DESCRIBE A MOMENT WHEN YOUR ANXIETY WAS TRIGGERED BY A SEEMINGLY SMALL OR INSIGNIFICANT EVENT. WHAT HAPPENED?

WHY DO YOU THINK YOU HAD SUCH A STRONG REACTION?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

HOW DOES YOUR BODY REACT TO THE "FIGHT OR FLIGHT" MODE WHEN YOU FEEL ANXIOUS? WHAT PHYSICAL AND EMOTIONAL SYMPTOMS DO YOU FEEL?

HAVE YOU BEEN PRACTICING CATCHING YOUR THOUGHTS? IF SO, WHAT ARE SOME RECURRING THOUGHTS YOU'VE BEEN NOTICING?

HOW CAN YOU WORK ON REDIRECTING? WRITE DOWN SOME STRATEGIES FOR CATCHING AND REDIRECTING YOUR THOUGHTS.

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

HOW HAS YOUR REACTION TO ANXIETY TRIGGERS CHANGED SINCE YOU BECAME AN ADULT?

WHAT COPING STRATEGIES DO YOU USE NOW? ARE THEY HEALTHY OR UNHELPFUL?

WHICH UNHEALTHY HABITS CAN YOU CONSCIOUSLY DROP?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

WHEN HAS YOUR NEED FOR CONSTANT CONNECTION OR REASSURANCE LED TO CONFLICT OR TENSION? EXPLAIN A SPECIFIC STORY.

WHAT WOULD YOU DIFFERENTLY NOW?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

THINK ABOUT YOUR LAST BIG ARGUMENT OR DISAGREEMENT. WHAT HAPPENED?

WAS YOUR ANXIETY TRIGGERED? HOW DO YOU LOOK AT THE SITUATION NOW?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

HAS THERE BEEN A SITUATION RECENTLY WHERE YOU SUCCESSFULLY MANAGED A KNOWN TRIGGER OF YOUR ANXIETY? WHAT HAPPENED?

HOW DID YOU DO IT? DID YOU FEEL PROUD OF YOURSELF?

DEALING WITH ANXIOUS TRIGGERS

[illegible]

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

REMEMBER A TIME WHEN YOU WERE INCREDIBLY SENSITIVE TO SOMEONE'S PERCEIVED REJECTION. WHAT HAPPENED?

WHY DO YOU THINK IT AFFECTED YOU SO MUCH?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

ARE THERE CERTAIN PEOPLE IN YOUR LIFE RIGHT NOW WHO TEND TO TRIGGER YOUR ANXIETY MORE FREQUENTLY? WHO ARE THEY?

WHY DO YOU THINK THEY TRIGGER YOU? HOW CAN YOU TAKE STEPS TO CHANGE THAT?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

DO CERTAIN ENVIRONMENTS OR PLACES TRIGGER YOUR ANXIETY MORE THAN OTHERS? CAN YOU DESCRIBE ONE AND HOW IT MAKES YOU FEEL?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

REFLECT ON AN INCIDENT WHERE YOUR ANXIETY WAS TRIGGERED BY A CHANGE IN YOUR ROUTINE OR PLANS. WHAT HAPPENED?

WHY DO YOU THINK THIS TRIGGERS YOU?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

DESCRIBE A TIME WHEN YOUR ANXIETY WAS TRIGGERED BY SOMETHING POSITIVE HAPPENING. HOW DID YOU REACT?

WHY DO YOU THINK YOU REACTED THIS WAY?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

DO CERTAIN CONVERSATIONS OR TOPICS TRIGGER YOUR ANXIETY? WHAT ARE THEY?

WHY DO YOU THINK THEY HAVE THIS EFFECT?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

DESCRIBE A TIME WHERE YOUR ANXIETY WAS TRIGGERED IN A PUBLIC OR SOCIAL SETTING. HOW DID YOU HANDLE IT?

HOW DO YOU FEEL ABOUT THAT MOMENT NOW?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

IF A STRANGER WAS LOOKING AT YOU, WHAT WOULD THEY SEE? HOW WOULD THEY PERCEIVE YOU BASED ON LOOKS ALONE? EXPLAIN IN DETAIL.

WHY DO YOU THINK THIS? IS IT VALID?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

HOW DOES SOCIAL MEDIA IMPACT YOUR ANXIETY LEVELS? HAS IT EVER TRIGGERED YOUR ANXIETY?

CAN YOU UNFOLLOW OR MUTE ACCOUNTS THAT MAKE YOU FEEL CRAPPY? HOW WOULD THAT MAKE YOU FEEL?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

THINK ABOUT A TIME WHEN YOUR ANXIETY LED YOU TO PERCEIVE A SITUATION AS WORSE THAN IT WAS. WHAT HAPPENED AND HOW DID IT PLAY OUT?

WHAT WOULD YOU DO DIFFERENTLY NOW?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

THINK ABOUT A TRIGGER THAT USED TO CAUSE YOU SIGNIFICANT ANXIETY BUT DOESN'T HAVE THE SAME IMPACT ANYMORE. WHAT IS IT?

WHAT HAS CHANGED?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

ON A SCALE OF 1 TO 10, HOW COMFORTABLE DO YOU FEEL WHEN YOU'RE ALONE? HOW ABOUT WHEN YOU'RE IN A GROUP?

ALONE

1 2 3 4 5 6 7 8 9 10

IN A GROUP

1 2 3 4 5 6 7 8 9 10

IS THERE A DIFFERENCE? IF SO, WHY?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

ARE THERE ANY ASPECTS OF YOUR DAILY ROUTINE THAT HELP YOU MANAGE YOUR ANXIETY? WHAT ARE THEY?

WHY DO YOU THINK THEY HAVE THIS AFFECT ON YOU?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

CAN YOU THINK OF A SITUATION WHERE YOU FELT TRIGGERED BUT HAD TO HIDE YOUR ANXIETY? WHAT TRIGGERED YOU?

HOW DOES MASKING YOUR ANXIETY FEEL?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

HOW DO YOU USUALLY REACT WHEN YOU FEEL SOMEONE PULLING AWAY FROM YOU? EXPLAIN A SPECIFIC EXAMPLE.

WHY DO YOU THINK YOU PANIC?

IS THIS VALID?

SHADOW WORK PROMPTS

DEALING WITH ANXIOUS TRIGGERS

WRITE ABOUT A TIME WHEN YOUR FEAR OF ABANDONMENT LED YOU TO ACT IN A WAY YOU NOW REGRET. TELL THE WHOLE STORY.

[illegible]

CONFRONTING INSECURITIES

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WHAT IS THE BIGGEST LIE YOU TELL ABOUT YOURSELF TO YOUR CLOSEST FRIENDS?

WHAT TRUTH ARE YOU TRYING TO AVOID?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

HAVE YOU EVER BEEN IN A CODEPENDENT FRIENDSHIP? WHY DID YOU RELY SO HEAVILY ON THE OTHER PERSON?

WHY DON'T YOU LIKE TO BE ALONE?

CONFRONTING INSECURITIES

[illegible]

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WRITE DOWN A LIST OF EVERYTHING YOU LOVE ABOUT YOUR PERSONALITY
AND EVERYTHING THAT YOU WANT TO CHANGE

LOVE

NEEDS A CHANGE

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

REMEMBER A TIME WHEN YOU FELT LIKE YOU WERE WALKING ON EGGSHELLS,
FEARING THAT ANY SMALL MISSTEP WOULD LEAD TO ABANDONMENT. WHO
WAS IT WITH AND WHAT TRIGGERED THIS?

WERE YOUR FEELINGS VALID?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WRITE ABOUT A TIME WHEN YOU FELT UNCOMFORTABLE OR INSECURE DURING INTIMACY. WHAT HAPPENED?

WHAT WERE THE TRIGGERING FACTORS AND HOW CAN YOU WORK ON FEELING MORE SECURE ABOUT IT?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

REFLECT ON AN INSECURITY THAT YOU FEEL HAS DEFINED YOU OR INFLUENCED YOUR LIFE CHOICES. HOW HAS IT SHAPED YOUR EXPERIENCES?

[illegible]

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

HOW HAVE YOUR INSECURITIES INFLUENCED HOW YOU FEEL ABOUT SEX AND INTIMACY?

DO YOU HOLD BACK? IF SO, WHY? IF NOT, WHY NOT?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WHAT STEPS CAN YOU TAKE TO FOSTER A POSITIVE BODY IMAGE AND A HEALTHIER RELATIONSHIP WITH SEX?

WHAT ARE YOU DOING THIS WEEK TO MAKE IT HAPPEN?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WHAT ROLE DOES COMPARISON PLAY IN YOUR INSECURITIES? WHO DO YOU
COMPARE YOURSELF TO THAT MAKES YOU FEEL CRAPPY?

WHY DO YOU DO IT? DO YOU THINK THEIR LIFE IS ACTUALLY PERFECT OR
THAT THEY ALSO STRUGGLE?

SHADOW WORK PROMPTS**CONFRONTING INSECURITIES**

DRAW LINES RADIATING FROM THE CIRCLE LISTING THINGS YOU FEEL INSECURE ABOUT. WHEN YOU'RE DONE SCRIBBLE ALL OVER IT.



Insecurities

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

HOW WOULD THE CLOSEST PEOPLE TO YOU DESCRIBE YOU?

ARE THEY RIGHT? WHY DO THEY DESCRIBE YOU THIS WAY? WHY DO YOU THINK THIS?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

ARE THERE ANY INSECURITIES YOU FEEL COULD BE TRACED BACK TO SOCIETAL OR CULTURAL EXPECTATIONS OR PRESSURES? WHAT ARE THEY?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

THINK BACK TO A TIME WHEN YOU WERE OVERLY SELF-CRITICAL? WHY WERE YOU LIKE THIS?

DO YOU STILL BELIEVE THIS CRITICIZM? IF SO, WHY?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WHEN WAS THE LAST TIME THAT YOU FELT TRULY GOOD ABOUT YOURSELF?
WHAT MADE YOU FEEL GOOD ABOUT YOURSELF? WHAT WAS HAPPENING
DURING THIS TIME?

WHAT’S SOMETHING YOU CAN DO TO HELP YOU FIND THAT FEELING AGAIN?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

THINK OF A TIME WHEN YOUR ANXIOUS FEELINGS MADE IT HARD FOR YOU
TO ENJOY THE PRESENT MOMENT. WHAT HAPPENED?

HOW DID YOU FEEL AFTERWARDS?

HOW DO YOU WISH YOU HANDLED IT?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

CAN YOU THINK OF A TIME WHEN YOU PROJECTED YOUR INSECURITIES ONTO SOMEONE ELSE? HOW DID THAT SITUATION PLAY OUT?

WHAT DO YOU THINK MADE YOU REACT THIS WAY?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

HOW WOULD IT FEEL TO FULLY EMBRACE YOUR SEXUALITY, FREE OF ANY INSECURITIES OR DOUBTS?

WHAT’S HOLD YOU BACK?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

IF YOU COULD LET GO OF ONE INSECURITY RIGHT NOW, WHICH ONE WOULD IT BE AND WHY?

WHAT STEPS CAN YOU TAKE TOWARD THIS?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

CAN YOU RECALL A TIME WHEN YOU MASKED YOUR INSECURITIES WITH HUMOR OR DEFLECTION?

WHY DID YOU CHOOSE TO HANDLE IT THAT WAY?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

HAS ANYONE EVER POINTED OUT AN INSECURITY THAT YOU HADN'T NOTICED YOURSELF? WHAT WAS IT?

HOW DID THAT MAKE YOU FEEL? IS IT STILL ON YOUR MIND? WHY?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

THINK ABOUT A TIME WHEN AN INSECURITY HELD YOU BACK FROM DOING
SOMETHING. WHAT WAS IT?

HOW MIGHT THINGS HAVE BEEN DIFFERENT IF THAT INSECURITY HADN'T BEEN
IN THE PICTURE?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

DO CERTAIN ENVIRONMENTS OR SITUATIONS MAKE YOUR INSECURITIES FEEL MORE PROMINENT? CAN YOU DESCRIBE ONE?

WHY DO YOU THINK IT MAKE YOU FEEL INSECURE? WHAT CAN YOU DO TO WORK ON THIS?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

REFLECT ON A SPECIFIC ASPECT OF YOUR APPEARANCE OR BODY THAT YOU'VE STRUGGLED WITH ACCEPTING.

HOW CAN YOU START EMBRACING AND APPRECIATING THIS PART OF YOURSELF MORE FULLY?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

CAN YOU THINK OF A PERSON WHO SEEMS TO TRIGGER YOUR INSECURITIES MORE THAN OTHERS? WHO IS IT? WHY DO YOU THINK THAT IS?

CAN YOU TAKE STEPS TO CHANGE THE WAY YOU FEEL AROUND THEM? CAN YOU PRACTICE THE LAW OF DETACHMENT MORE?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

IF YOU MET A STRANGER TODAY AND HAD A 5 MINUTE CONVERSATION,
WHAT DO YOU IMAGINE THEY THOUGHT OF YOU? HOW WOULD THEY
DESCRIBE YOU?

READ THAT BACK, IS IT VALID?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

THINK OF YOUR CLOSEST FRIEND - WHAT ADVICE WOULD YOU GIVE THEM ABOUT THEIR OWN INSECURITIES?

IS THIS GOOD ADVICE FOR YOU TOO? WHY/WHY NOT?

CONFRONTING INSECURITIES

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SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WRITE DOWN A LIST OF THE PHYSICAL FEATURES YOU LOVE ABOUT YOURSELF
AND THE ONE'S THAT YOU DON'T LIKE

LOVE

DON'T LIKE

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WRITE DOWN A LIST OF THE PERSONALITY TRAITS YOU LOVE ABOUT
YOURSELF AND THE ONE'S THAT YOU DON'T LIKE

LOVE

DON'T LIKE

CONFRONTING INSECURITIES

[illegible]

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WHAT'S AN INSECURITY THAT YOU'VE BEEN ABLE TO LESSEN OR OVERCOME
OVER TIME? WHAT WAS IT?

WHAT STEPS DID YOU TAKE TO GET OVER IT?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

IN WHAT WAYS DO YOU SHOW LOVE TO YOURSELF, IF AT ALL?

HOW CAN YOU DO THIS MORE OFTEN?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WHAT'S A NEGATIVE THOUGHT ABOUT YOURSELF THAT REPLAYS IN YOUR MIND? WHY DO YOU THINK THAT?

CAN YOU PRACTICE CATCHING THAT THOUGHT AND REDIRECTING IT FROM NOW ON? SET A DAILY REMINDER IN YOUR PHONE TO “CATCH THOUGHTS”. COME BACK TO THIS PAGE IN A WEEK AND WRITE DOWN HOW YOU WENT.

CONFRONTING INSECURITIES

[illegible]

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

WHAT IS ONE THING ABOUT YOU THAT MAKES YOU UNIQUE? IF YOU DON'T
FEEL LIKE THERE'S ANYTHING, WHY?

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

HOW HAVE YOU GROWN AND CHANGED AS A PERSON IN THE LAST 5 YEARS?
CONSIDER BOTH POSITIVE AND NEGATIVE CHANGES. EXPLAIN HOW YOU’RE
DIFFERENT.

SHADOW WORK PROMPTS

CONFRONTING INSECURITIES

IMAGINE MEETING YOUR 16 YEAR OLD SELF. WHAT WOULD YOU WANT TO SAY TO THEM? WHAT WOULD YOU WARN THEM AGAINST? WHAT ADVICE WOULD YOU GIVE?

DATING, SEX & RELATIONSHIPS

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHEN’S THE LAST TIME YOU DEVELOPED AN UNHEALTHY OBSESSION WITH A RELATIONSHIP? WHO WAS IT, WHY WERE YOU SO INTO THEM?

WHY DO YOU THINK YOU GOT SO ATTACHED?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHEN WAS THE LAST TIME YOU FELT REJECTED BY SOMEONE?

HOW DID THIS AFFECT THE WAY YOU ACTED TOWARD OTHERS?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

HOW WOULD YOU DESCRIBE YOUR EMOTIONAL NEEDS? ARE THEY BEING MET CURRENTLY? WHY/ WHY NOT?

DO YOU THINK YOUR EXPECTATIONS ARE REASONABLE?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

THINK ABOUT A DISAGREEMENT YOU HAD IN YOUR RELATIONSHIP. WHAT HAPPENED?

HOW MIGHT YOUR INSECURITIES HAVE INFLUENCED YOUR REACTION?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHAT’S THE WORST THING YOU’VE DONE TO SOMEONE IN A RELATIONSHIP?

WHAT WOULD YOUR HONEST REACTION HAVE BEEN IF SOMONE DID THAT TO YOU?

DATING, SEX & RELATIONSHIPS

[illegible]

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

**WHAT GOES THROUGH YOUR HEAD ABOUT SOMEONE ON A FIRST DATE?
WHAT ARE YOU TRYING TO ASSESS? EXPLAIN IN DETAIL - WHAT HAPPENS IN
YOUR MIND BEFORE, DURING AND AFTER THE DATE?**

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SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

IS THERE ANYONE IN YOUR LIFE CURRENTLY THAT IS CONTRIBUTING TO YOUR ANXIOUS ATTACHMENT STYLE?

WHY DO YOU THINK THEY'RE AFFECTING YOU IN THIS WAY? IS IT VALID? WILL THEY EVER CHANGE?

DATING, SEX & RELATIONSHIPS

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SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WRITE DOWN EVERYTHING YOU LOVED AND EVERYTHING YOU HATED ABOUT
BEING WITH YOUR EX. DON'T BE SHY.

GOOD STUFF

TERRIBLE STUFF

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHEN IS THE LAST TIME YOU LET SOMEONE TREAT YOU POORLY WITHOUT SAYING ANYTHING? WHAT HAPPENED?

WHY DID YOU ALLOW THEM TO TREAT YOU THIS WAY? HOW DID IT MAKE YOU FEEL?

WHAT WOULD YOU DO DIFFERENTLY NOW?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

DO YOU FEEL SHAMEFUL ABOUT ANY OF YOUR PAST EXES?

WHAT ABOUT THE RELATIONSHIP DO YOU FEEL SHAME ABOUT?

HOW CAN YOU LET GO OF THIS?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHAT WAS YOUR BIGGEST HEARTBREAK? WHAT HAPPENED? WRITE THE STORY OF HOW IT STARTED AND HOW IT ENDED.

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SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

HOW DOES SEX MAKE YOU FEEL? DO YOU ENJOY IT? DO YOU FEEL
CONFIDENT? IF SO WHY, IF NOT WHY NOT?

DO YOU EVER FEEL ANY SHAME AFTER SELF PLEASURE OR SEX? IF SO, WHY?

HOW CAN YOU LET GO OF THAT SHAME?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

DO YOU HAVE ANY FEARS OR ANXIETIES AROUND SEX?

WHAT TRIGGERS THIS?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHAT ARE YOUR DEEPLY ROOTED BELIEFS ABOUT SEX? HOW DID THESE BELIEFS FORM?

HOW DOES THIS AFFECT YOUR SEX LIFE?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHAT RELATIONSHIP DID YOU FEEL MOST INSECURE ABOUT? WHAT WAS YOUR DYNAMIC LIKE TOGETHER?

WHAT MADE YOU FEEL INSECURE?

HOW DO YOU DESERVE TO BE TREATED?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WRITE A LETTER TO AN EX THAT HURT YOU - SAY EXACTLY HOW YOU FEEL WITHOUT HOLDING ANYTHING BACK.

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SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHAT MAKES YOU FEEL JEALOUS? WRITE EVERYTHING DOWN, EVEN IF YOU KNOW IT FEELS WRONG - DON'T HOLD BACK

WHY DO YOU THINK THIS MAKES YOU FEEL JEALOUS?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

SCRIBBLE, PAINT, OR EVEN JUST MAKE MARKS ON THE PAGE TO REPRESENT YOUR PAIN - IT CAN BE CATHARTIC TO GET IT OUT PHYSICALLY.

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHAT ASPECTS OF SEX AND INTIMACY WOULD YOU LIKE TO EXPLORE OR EXPERIENCE MORE?

WHAT’S A SECRET DESIRE YOU HAVE? WRITE ABOUT IT IN DETAIL.

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHAT IS SOMETHING YOU HAVE DONE IN A PAST RELATIONSHIP THAT YOU KNEW WAS WRONG?

HOW DID YOUR PARTNER RESPOND? WHAT WAS THE RESULT?

WHAT WOULD YOU DO DIFFERENTLY NOW?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

DESCRIBE THE QUALITIES AND BEHAVIORS YOU SEEK IN A PARTNER TO HELP YOU FEEL SAFE AND SUPPORTED.

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

HOW DO YOU PERCEIVE A PARTNER'S SEXUAL DESIRES? DO YOU FEEL USED?
DO YOU FEEL GOOD ABOUT SEX? DO THEY SATISFY YOU?

WHAT CAN YOU DO TO IMPROVE COMMUNICATION ABOUT THIS?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

DO YOU USE CASUAL SEX AS A DISTRACTION? WHEN WAS THE LAST TIME YOU DID THIS?

HOW DO YOU FEEL IMMEDIATELY AFTER THE SEX?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

HOW DOES CASUAL SEX SERVE YOU? EXPLAIN WHAT IT DOES FOR YOU.

HOW DOES SEX WITH AN EMOTIONAL CONNECTION DIFFER?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

REFLECT ON YOUR MOST FULFILLING SEXUAL EXPERIENCE. WHAT MADE IT SO MEMORABLE AND SATISFYING? EXPLAIN WHAT HAPPENED AND HOW IT MADE YOU FEEL IN DETAIL.

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SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

HAVE YOU EVER FELT ABANDONED BY A SIGNIFICANT PERSON IN YOUR LIFE?
WHAT HAPPENED?

HOW DID THIS AFFECT YOUR ABILITY TO TRUST AND FORM NEW
RELATIONSHIPS?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

HAVE YOU EVER BEEN CHEATED ON IN A RELATIONSHIP? IF SO, WHY DO YOU THINK THIS HAPPENED? DO YOU BLAME YOURSELF? WHY?

HOW DID IT CHANGE YOU?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

CAN YOU FORGIVE YOUR EX? WHY/ WHY NOT?

CAN YOU FORGIVE YOURSELF FOR HOLDING ONTO THEM?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

REFLECT ON AN OCCASION WHERE YOUR ANXIOUS ATTACHMENT STYLE LED YOU TO RUSH A RELATIONSHIP OR PUSH FOR MORE INTIMACY TOO SOON. WHAT HAPPENED?

CAN YOU FORGIVE YOURSELF FOR IT?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

REFLECT ON A TIME YOU FELT ANXIOUS BECAUSE A PARTNER WAS SPENDING TIME WITH OTHER FRIENDS OR FAMILY. WHAT HAPPENED?

WHY DO YOU THINK THIS TRIGGERED YOU?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

HAS A PAST LOVE INTEREST EVER MADE YOU FEEL INSECURE ABOUT YOURSELF
OR ABOUT THEIR COMMITMENT TO YOU? DID YOU LOSE YOUR TRUST FOR
THEM?

HOW DO YOU THINK THIS IMPACTS YOU STILL?

DATING, SEX & RELATIONSHIPS

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SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

DO YOU HAVE FEELINGS FOR SOMEONE RIGHT NOW? WHO IS IT? WHAT DO YOU LOVE ABOUT THEM?

HOW DOES IT FEEL TO BE AROUND THEM, TO TALK TO THEM?

WHY HAVEN'T YOU TOLD THEM?

DATING, SEX & RELATIONSHIPS

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DATING, SEX & RELATIONSHIPS

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SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

REFLECT ON A MOMENT WHEN YOU DOUBTED YOUR PARTNER'S LOVE FOR YOU, EVEN IN THE ABSENCE OF ANY REAL SIGNS OF TROUBLE. WHAT WAS DRIVING THESE DOUBTS? EXPLAIN WHAT WAS HAPPENING IN YOUR MIND.

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SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

RECALL A TIME WHEN YOUR ANXIETY CAUSED YOU TO MISINTERPRET A PARTNER'S ACTIONS OR INTENTIONS. EXPLAIN HOW IT ALL PLAYED OUT.

HOW WOULD YOU REACT DIFFERENTLY NOW?

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

IMAGINE MEETING YOUR 16 YEAR OLD. PICTURE IT VIVIDLY. WHAT WOULD YOU TELL THEM ABOUT SEX, WHAT ADVICE WOULD YOU GIVE THEM? WRITE IT AS IF YOU'RE TALKING TO THEM.

[illegible]

SHADOW WORK PROMPTS

DATING, SEX & RELATIONSHIPS

WHAT DOES A SECURE, LOVING RELATIONSHIP LOOK LIKE TO YOU? DESCRIBE IT IN PRESENT TENSE AS IF IT'S HAPPENING RIGHT NOW.

FOCUSING ON PERSONAL GROWTH

FOCUSING ON PERSONAL GROWTH

[illegible]

SHADOW WORK PROMPTS**FOCUSING ON PERSONAL
GROWTH**

REMEMBER THE WEB OF BELIEFS YOU DREW AT THE START OF YOUR JOURNEY?
DO YOU FEEL DIFFERENTLY? WRITE ABOUT YOUR NEW BELIEFS.



My Beliefs

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

HAVE YOU BEEN PRACTICING REDIRECTING THOSE NEGATIVE THOUGHTS? IF SO, DO YOU NOTICE ANY CHANGES? WHAT ARE THEY? IF NOT, NAUGHTY.

WHAT THOUGHTS HAVE YOU CAUGHT THIS WEEK? WHAT’S BEEN ON YOUR MIND?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

SET A DAILY REMINDER ON YOUR PHONE THAT SAYS “CATCH YOUR THOUGHTS”. SET AN ALARM FOR ONE WEEK FROM NOW. WRITE ABOUT WHAT THOUGHTS YOU STOPPED THIS WEEK.

HOW DID NOTICING THESE THOUGHTS CHANGE YOUR PERSPECTIVE?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

WHAT’S SOMETHING YOU’VE ALWAYS WANTED TO DO THAT YOU YOU MIGHT HAVE NEGLECTED DUE TO ANXIETY?

WRITE DOWN HOW YOU PLAN TO DO IT.

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

WRITE ABOUT A TIME WHEN YOU FELT MOST CONFIDENT IN YOURSELF. WHAT FACTORS CONTRIBUTED TO THIS FEELING?

HOW CAN YOU FEEL THIS AGAIN OR MORE OFTEN?

FOCUSING ON PERSONAL GROWTH

[illegible]

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

WHAT IS ONE THING YOU'VE ALWAYS ADMIRING ABOUT YOURSELF?

HOW CAN YOU APPRECIATE THIS QUALITY MORE?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

WHAT'S ONE THING YOU WOULD DO IF YOU WERE NOT AFRAID OF BEING JUDGED?

HOW CAN YOU WORK TOWARDS ACCOMPLISHING IT DESPITE FEAR OF JUDGMENT?

FOCUSING ON PERSONAL GROWTH

[illegible]

FOCUSING ON PERSONAL GROWTH

[illegible]

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

IDENTIFY THREE NEGATIVE SELF-BELIEFS THAT HINDER YOUR CONFIDENCE.

HOW CAN YOU CHALLENGE AND CHANGE THESE BELIEFS?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

WHAT'S A FITNESS ACTIVITY THAT MAKES YOU FEEL STRONG AND POWERFUL AND WHY?

SCHEDULE A TIME TO DO IT THIS WEEK AND WRITE ABOUT HOW IT MADE YOU FEEL ON THIS PAGE.

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

IF YOU COULD CHANGE ONE THING ABOUT YOUR SELF-PERCEPTION, WHAT WOULD IT BE AND WHY?

HOW CAN YOU START WORKING TOWARDS THIS CHANGE?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

DESIGN YOUR ULTIMATE 'GLOW-UP' PLAN. WHAT CHANGES WOULD YOU IMPLEMENT IN YOUR LIFESTYLE TO FEEL MORE CONFIDENT AND SEXY?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

**WRITE A LOVE LETTER TO YOUR BODY, APPRECIATING ALL IT DOES FOR YOU
AND ITS UNIQUE BEAUTY.**

[illegible]

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

CONSIDER YOUR SOCIAL LIFE. IT MIGHT BE OUT OF YOUR COMFORT ZONE, BUT HOW CAN YOU IMPROVE OR EXPAND YOUR CONNECTIONS AND SOCIAL SUPPORT? EVEN IF IT’S JUST BEING AROUND PEOPLE.

CAN YOU REACH OUT TO ANYONE? IF SO, WHO AND WHY? IF NOT HOW CAN YOU MEET NEW PEOPLE?

FOCUSING ON PERSONAL GROWTH

[illegible]

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

YOUR PLAN GOES HERE!

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SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

WHAT'S SOMETHING YOU OFTEN UNDERESTIMATE ABOUT YOUR ABILITIES OR POTENTIAL?

HOW CAN YOU TAKE STEPS TOWARD EXPLORING THIS MORE?

FOCUSING ON PERSONAL GROWTH

[illegible]

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

CONSIDER THE WAYS IN WHICH YOU CAN FIND COMFORT AND EVEN JOY IN BEING ALONE. WHAT'S SOME STUFF YOU CAN DO?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

SOMETIMES WE LOSE A PART OF OURSELVES IN RELATIONSHIPS. REFLECT ON WHO YOU WERE BEFORE YOUR LAST RELATIONSHIP AND WHO YOU WANT TO BE.

WHAT ASPECTS OF YOUR IDENTITY DO YOU WANT TO RECLAIM OR DEVELOP?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

IN WHAT WAYS DO YOU DEPEND ON OTHERS FOR YOUR HAPPINESS?

IN WHAT WAYS CAN YOU FIND HAPPINESS IN YOURSELF?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

WRITE A SCRIPT FOR THAT DIFFICULT CONVERSATION YOU'VE BEEN AVOIDING. PRACTICE IT OUT LOUD.

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SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

ENVISION A VERSION OF YOURSELF WHO DOESN'T CARE ABOUT OTHERS' NEGATIVE OPINIONS. WHO ARE YOU AND WHAT ARE YOU DOING?

WHAT STEPS CAN YOU TAKE TO BECOME THIS PERSON?

FOCUSING ON PERSONAL GROWTH

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SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

HONESTLY WRITE DOWN AREAS WHERE YOU COULD IMPROVE OR CHANGE FOR YOUR OWN WELL-BEING, NOT JUST FOR A RELATIONSHIP.

[illegible]

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

CONSIDER YOUR PAST RELATIONSHIPS AS A LEARNING EXPERIENCE. WHAT HAVE YOU LEARNED ABOUT YOURSELF, RELATIONSHIPS, AND WHAT YOU WANT IN A PARTNER?

[illegible]

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

REFLECT ON YOUR SUPPORT SYSTEM. WHO CAN YOU REALLY RELY ON? WRITE ABOUT THEM.

HOW CAN YOU STRENGTHEN THESE RELATIONSHIPS?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

DEFINE WHAT 'SEXINESS' MEANS TO YOU. HOW DOES THIS DEFINITION INFLUENCE YOUR ACTIONS, YOUR STYLE, OR YOUR SELF-IMAGE?

WHAT CAN YOU DO TO FEEL MORE CONFIDENT?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

TREAT YOURSELF! WHAT'S A SELF CARE INDULGENCE YOU'VE BEEN HOLDING OUT ON?

CAN YOU MAKE PLANS TO DO IT SOON?

SHADOW WORK PROMPTS

FOCUSING ON PERSONAL GROWTH

WRITE A LETTER OF FORGIVENESS TO YOURSELF FOR ANYTHING YOU FEEL SHAME ABOUT IN YOUR PAST. LET IT OUT. LET IT GO.

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ENVISIONING THE FUTURE

SHADOW WORK PROMPTS**ENVISIONING THE FUTURE****The Importance of Visualization**

Congrats on making it this far!

You've done a whole lot of work, **probably cried a little** and figured some things out about yourself that **you didn't even realize**.

Now we start getting to the fun stuff.

Who do you **WANT to become?** What does your **glow up era** look like?

And why does **visualization matter?**

We've already **learnt some cool stuff about the subconscious mind** and now we'll take it a step further.

A significant part of the subconscious mind's power lies in the **Reticular Activating System (RAS)**.

Your RAS is a **network of neurons** located in the brainstem that plays a critical role in controlling wakefulness and focus.

You don't realize it but your brain is taking in **a TON of information everyday**.

Your brain can't possibly **store all of this information**.

So, your RAS acts as a filter, deciding **what information should be given attention and what to overlook**.

When you **visualize a desired future**, your RAS **becomes attuned to opportunities, information, and experiences aligned with that future**.

Just like that weird feeling when you **learn a new word** and then all of a sudden you start hearing it everywhere, your RAS will **tune into what you have laid out for your future plans and show you messaging to encourage action**.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

The Importance of Visualization

Before you start envisioning your future in the next set of prompts, we want to give you some **pointers for visualization**.

Remember that:

1. Thoughts are the language of the brain:

- Our brains respond to our **thoughts and beliefs**, whether they're about our current reality or an imagined future. **Your thoughts and beliefs become your reality.**

2. Feelings are the language of the body:

- Our body responds to our **feelings**, which are often the product of our thoughts. If we can feel the emotions of our desired future **now**, our **body can be 'tricked' into thinking that future is already our reality, resulting in more positive thoughts and telling your brain's RAS to focus on positive outcomes.**

3. The alignment of thoughts and feelings creates a state of being:

- When our thoughts (**brain**) and feelings (**body**) **align**, we enter a state of being. This state can **influence our actions, choices, and experiences, which ultimately shapes our reality.**

4. Mental rehearsal is key:

- Just as athletes mentally rehearse their performances, we can mentally rehearse our desired future. This process, done regularly, can **build neural pathways** in our brain that supports that future.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

How to Visualize

Here's how to apply these teachings through visualization while doing shadow work:

1. Create a Clear Mental Picture:

- Define **what your future looks like** in detail. What are you doing? Who are you with? How do you feel?

2. Feel the Future Now:

- **Engage your emotions as you visualize.** Feel the joy, excitement, love, or peace of your future now. This convinces your body that this future is happening now.

3. Mental Rehearsal:

- Regularly visualize your future, **immersing yourself in the feelings it brings.** This practice, done over time, reinforces the neural pathways that align with this future.

4. Let Go:

- **Detach from the outcome and trust the process.** Don't stress about how or when your desired future will manifest. Your job is to create it mentally and emotionally, and then let it unfold naturally.

5. Take Aligned Action:

- Visualization isn't a replacement for action; it's a catalyst. Inspired ideas or opportunities may come to you – **act on them.** They're part of the path to your visualized future.

ENVISIONING THE FUTURE

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

IMAGINE A SITUATION THAT WOULD USUALLY TRIGGER YOUR ANXIETY. NOW, VISUALIZE YOURSELF HANDLING IT LIKE A BOSS. WHAT WAS THE TRIGGER AND HOW DO YOU FEEL?

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

PICTURE YOUR DREAM HOME. WHAT DOES IT LOOK LIKE? WHO'S THERE? WHERE IS IT? WRITE AS MUCH DETAIL AS YOU CAN.

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ENVISIONING THE FUTURE

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

VISUALIZE YOURSELF ACCOMPLISHING A MAJOR LIFE GOAL. FOCUS ON THE FEELINGS OF SUCCESS AND ACCOMPLISHMENT. WHAT IS THE GOAL?

WHAT ARE THE STEPS YOU TOOK TO ACHIEVE THIS?

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

ENVISION A CONVERSATION WITH YOUR MOTHER/MOTHER FIGURE THAT LEAVES BOTH OF YOU FEELING UNDERSTOOD AND RESPECTED. WHAT DO YOU TELL HER?

HOW DID TALKING TO HER IN THIS MANNER FEEL?

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

ENVISION A CONVERSATION WITH YOUR FATHER/FATHER FIGURE THAT LEAVES BOTH OF YOU FEELING UNDERSTOOD AND RESPECTED. WHAT DO YOU TELL HIM?

HOW DID TALKING TO HIM IN THIS MANNER FEEL?

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

IMAGINE MEETING SOMEONE WHO IS EXACTLY WHERE YOU WANT TO BE IN LIFE. WHAT QUESTIONS WOULD YOU ASK THEM? WRITE A LIST OF QUESTIONS.

NOW ANSWER THOSE QUESTIONS FOR YOURSELF.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

FIND A NEW PODCAST. TAKE A LITTLE TIME TO SEARCH AND THEN WRITE DOWN WHY YOU CHOSE IT.

PUT A REMINDER IN YOUR PHONE TO REVISIT THIS PAGE IN 1 WEEK TO WRITE ABOUT WHAT YOU LEARNT.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

CLOSE YOUR EYES AND PICTURE YOURSELF IN A PLACE THAT BRINGS YOU JOY. SIT IN IT FOR A MINUTE, FEEL IT ALL OVER YOUR BODY. WHERE ARE YOU? WHAT DOES IT FEEL LIKE? WHO'S WITH YOU?

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ENVISIONING THE FUTURE

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SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

ENVISION THE ULTIMATE VERSION OF YOUR LIFE. WHAT HAVE YOU LET GO OF? WHAT HAVE YOU GAINED?

LET GO OF

GAINED

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

DRAW LINES FROM THE CIRCLE OF YOUR DREAM PARTNER.



Perfect Person

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

IMAGINE YOUR PERFECT PERSON. WRITE A LIST OF PHYSICAL AND
EMOTIONAL QUALITIES THIS PERSON HAS

PHYSICAL

EMOTIONAL

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

HOW DOES THIS FUTURE PARTNER:

SUPPORT YOU

LOVE YOU

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

WRITE ABOUT WHAT YOUR BIGGEST PASSIONS AND INTERESTS.

DOES YOUR PARTNER/FUTURE PARTNER NEED TO SHARE THESE INTERESTS. IF SO, WHICH ONES?

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

WHAT'S THEIR PERSONALITY LIKE? HOW DO YOU HANG OUT? WHAT DOES IT LOOK LIKE AT HOME TOGETHER?

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SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

**PICTURE YOURSELF CONFIDENTLY SETTING BOUNDARIES IN A RELATIONSHIP.
HOW DOES IT FEEL TO HAVE YOUR NEEDS RESPECTED?**

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ENVISIONING THE FUTURE

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SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

**DRAW EVERYTHING YOU DESIRE ON THIS PAGE. IT CAN BE WORDS,
SYMBOLS, IMAGES - DON'T WORRY ABOUT BEING GREAT AT
DRAWING, JUST TRY IT.**

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

**PICTURE YOURSELF PURSUING A PASSION OR DREAM YOU'VE HELD BACK ON
WHAT IS IT? WHAT'S DIFFERENT IN THIS REALITY? EXPLAIN IN DETAIL.**

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SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

VISUALIZE YOUR FUTURE SELF'S DAILY ROUTINE. WHAT HABITS HAVE YOU INCORPORATED FOR A HEALTHIER LIFE?

ENVISIONING THE FUTURE

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

IMAGINE A FUTURE WHERE YOU FEEL SECURE WITHIN YOURSELF. WHAT DO YOU LOVE ABOUT YOURSELF? HOW DOES THIS SECURITY IMPACT YOUR RELATIONSHIPS?

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

PICTURE YOUR LIFE ONE YEAR FROM NOW, AFTER CONSISTENTLY WORKING ON YOUR PERSONAL GROWTH. WHAT CHANGES DO YOU SEE?

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ENVISIONING THE FUTURE

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

LOOK BACK AT THE PERSON YOU WERE WHEN YOU STARTED THIS JOURNAL
AND COMPARE IT WITH THE PERSON YOU ARE NOW. WHAT HAVE YOU
LEARNED?

IN WHAT WAYS HAVE YOU GROWN AND CHANGED? WHAT ARE YOU MOST
PROUD OF?

ENVISIONING THE FUTURE

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AFFIRMATIONS

SECTION 6

AFFIRMATIONS FOR BREAKING ANXIOUS PATTERNS

Look at you go! The hard part is done and **you've done awesome!**

Now we're going to **lock in all of this progress** with positive affirmations.

Using positive affirmations is a **powerful way to influence your subconscious mind.**

Remember, you think around **90% of the same subconscious thoughts everyday.**

You now have **vision for the future**, but it's also important to keep your thoughts **focused and positive.**

Remember, this isn't a 100% of the time thing.

You're allowed to have bad days - and when you do take that time to rest, be upset, be angry, eat the junk food - feel everything you need to feel.

Then - get back to it.

When you repeat positive affirmations **you're feeding the brain new information** and **creating new neural pathways** that will help you to shift your programming.

Remember it takes **30 days to create new neural pathways**

It's important to acknowledge that affirmations **may feel a bit strange or awkward** at first.

Talking to yourself in a **positive and empowering way** might not be something you're used to, but trust us when we say they can be incredibly transformative.

Affirmations are like little **seeds that we plant in our minds.**

With consistent practice, they have the power to **reprogram our thoughts and beliefs**, helping us break free from anxious patterns and embrace healthier ways of relating to ourselves and others.

So, even if **it feels a bit weird or corny**, **give affirmations a chance.**

Repeat them to yourself with **conviction and intention.** Over time, you'll begin to notice a shift in your mindset and a greater sense of self-worth and self-acceptance.

SECTION 6

AFFIRMATIONS FOR BREAKING ANXIOUS PATTERNS

Tips For Affirmations

You can practice your anxious attachment style affirmations either **inside your head or out loud**.

Practicing in a **quiet space when you have a little time to yourself** is best, so that you can focus on the words and emotion.

You can choose to **practice in the mirror** while looking into your eyes to enhance the practice.

Remember, we need to connect the thoughts of the mind to a feeling in the body, so **attach a deep feeling to your affirmation**.

- Don't just say the words **"I deserve love"**, feel the words as deeply as you can; **visualize how you'd feel if these words were true**; who are you, what are you doing, how are you expressing yourself if this was the truth? .

Remember, healing and growth take time, and there **might be days when you doubt the effectiveness of affirmations**.

But **keep going**.

We **all have bad days**.

Be patient with yourself, embrace the process, and **celebrate even the smallest victories along the way**.

You're **rewiring your brain and creating new pathways of self-love and resilience**.

Trust in their power, and they will guide you towards a life **free from anxious patterns**, where you can experience **deeper connections and genuine fulfillment**.

Practicing **as you wake up and just before you go to sleep** supercharges this practice as your subconscious mind is in a **deep meditative state and more open to suggestion**.

Try to **practice this for 30 days in a row**, see how it makes you feel - you might be **surprised**.

SECTION 6

AFFIRMATIONS FOR BREAKING ANXIOUS PATTERNS

Choose 5 of your favorite affirmations and repeat them daily.

Feel free to reword them to feel more authentic to you.

1. Every day, I'm becoming more secure in my relationships
2. I am enough just as I am, and I do not need anyone's validation
3. It's okay to let others in; not everyone is going to hurt me
4. I trust in the consistency of love and know it is not easily lost
5. My worth is not dependent on other people's opinions or actions
6. Healthy relationships have a balance of give and take, and I am part of that balance
7. I'm allowed to voice my needs and feelings in a relationship
8. I can find peace in solitude; being alone does not mean being unloved
9. I can handle separation without fear; everyone needs their own space
10. Love is not a scarce resource; there's plenty of it in the world for me
11. I trust in the strength of my relationships, even when I can't see it
12. I deserve relationships that are consistent, stable, and balanced
13. Just as others care for me, I must also care for myself
14. My emotions are valid and I am capable of handling them
15. I can cope with uncertainty and still maintain my peace of mind
16. My anxieties do not define me or the potential of my relationships
17. Love is not just about feeling good; it's about growth and understanding, and I am growing
18. I can express my needs without fear of rejection or abandonment
19. Healthy boundaries are a part of any good relationship, and I can establish them
20. I am worthy of a love that is consistent and not driven by fear
21. Being alone is a chance for self-reflection and self-care, not a punishment
22. Even if a relationship ends, it doesn't diminish my worth or capacity for love
23. I am the author of my story, not my anxieties or fears
24. I am capable of building and maintaining balanced relationships
25. Each day, I choose to face my fears, embrace growth, and cherish love in its truest form

A NEW YOU

SECTION 7

A NEW YOU

So, do you think you can **cultivate a secure attachment style after everything you've learned?**

Secure attachment is characterized by **emotional responsiveness, trust, effective communication, and shared values**. By understanding the qualities that define secure attachment, you'll gain valuable insights to shape and enhance your own connections.

A secure attachment style comes with a certain flair for **maintaining healthy relationships**.

Here's what a person with a **secure attachment style** typically does:

1. **Communicates Openly:** They're adept at expressing their feelings and needs in a clear, respectful manner, fostering mutual understanding and reducing conflicts.
2. **Respects Boundaries:** They understand and respect personal boundaries, their own and those of others. They know that personal space and mutual respect go hand-in-hand in any relationship.
3. **Maintains Balance:** They find a healthy balance between dependence and independence, never too clingy, never too distant.
4. **Shows Empathy:** They can attune to the feelings and needs of their partners, offering support and understanding when needed.
5. **Cultivates Trust:** They trust easily but not naively, building trust with time and through consistent, reliable behavior.
6. **Is Resilient:** They bounce back from relationship setbacks, using them as opportunities to learn and grow rather than reasons to disconnect.
7. **Practices Self-Care:** They understand the importance of self-care and take time for themselves to recharge, knowing that a healthy relationship starts with a healthy self.

In essence, a secure attachment style is like **being in a dance where you're in sync with your partner**, flowing effortlessly together, yet also comfortable in your own rhythm.

We hope you feel this in your next meaningful relationship.

SECTION 7

A NEW YOU

Welcome to your new era.

Honestly, this is **not an easy ride and you've done amazing** to get this far.

You've just completed a pretty **incredible journey of self discovery**.

You've dug deep, **probably cried a lot**, come to **crazy realizations** and have **learnt some things about yourself that you didn't even know**.

You've started to **unlearn old patterns** and **learn new ways of relating to yourself and others**.

You've begun to replace **fear with trust, anxiety with peace**.

You've also delved into the shadows with bravery and curiosity, engaging in shadow work to understand, confront, and **integrate the parts of you that have been hidden away**.

You've explored those **undercurrents of fear and rejection** that fuel anxious attachment, and in doing so, you've begun to **free yourself from their grip**.

So, congratulations.

This journey isn't an easy one, but you've navigated it with strength, resilience, and courage.

And as you move forward, **remember to be gentle with yourself**.

Healing is a journey, not a destination.