

Healing an Avoidant **Attachment Style**

From the original “How to Heal an Avoidant Attachment Style.pdf” · 248 pages

What this is. The original handout (248 pages) reproduced page for page inside the house frame, unaltered, so that every word, line, table and illustration is exactly as its author set it. It replaces the September 2026 redesign of this file, which re-set the text and chopped it.

HOW TO HEAL AN AVOIDANT ATTACHMENT STYLE

TRANSFORM
AVOIDANCE TO
CONNECTION

*BREAK THE AVOIDANT CYCLE AND EMBRACE NEW
RELATIONSHIPS: JOURNAL PROMPTS DESIGNED
TO HEAL AN AVOIDANT ATTACHMENT STYLE*

EYEMINDSPIRIT.COM



AVOIDANT ATTCHMENT STYLE**WORKBOOK**

- **INTRODUCTION**
- **UNDERSTANDING ATTACHMENT STYLES**
- **HOW YOU DEVELOPED AVOIDANT ATTACHMENT**
- **THE POWER OF THE SUBCONSCIOUS MIND**
- **YOUR SHADOW WORK JOURNAL**
 - **CHILDHOOD REFLECTION**
 - **ASSESSING CURRENT PATTERNS**
 - **EMBRACING VULNERABILITY**
 - **RELATIONSHIPS, SEX & INTIMACY**
 - **ENVISIONING THE FUTURE**
- **AFFIRMATIONS**
- **A NEW YOU (CONCLUSION)**

INTRODUCTION

HOW TO HEAL AN AVOIDANT ATTACHMENT STYLE

Why hey there avoidant, fancy seeing you here. Usually **you would avoid this type of thing** (obviously), so just being here is a massive first step.

How to Heal an Avoidant Attachment Style is here to guide you through your next ones.

Together, we'll delve into the **origins of your dismissive avoidant 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 a little preview of what to expect**.

Consider this journal your trusty companion (**we know trusting is hard for you - we'll work on it**) – a safe space to put everything you think down on paper and let go.

This journal will act like a great listener with **unique insights that you might not have ever thought of before**.

It's here to assist you in **unravelling the layers of your past and cultivating a stronger, wiser version of you**.

Why shadow work, you might ask? The answer is simple.

It's a powerful psychological model that helps us **discover hidden aspects of our personality**, our 'shadow,' that often dictates our actions and reactions in ways **we might not even be fully aware of**.



INTRODUCTION

HOW TO HEAL AN AVOIDANT ATTACHMENT STYLE



We'll guide you through comprehending **the role of your 'shadow'** and utilizing this **understanding for healing**.

We've curated a set of prompts aimed at promoting **self-reflection, understanding, and personal growth**.

Most importantly, we we'll equip you with **practical tools and techniques** to heal your avoidant attachment style.

Before we dive in, take a moment to think about **what you want to achieve on your journey**.

We know you **struggle with vulnerability**, but are you ready to truly open up and **be real with yourself**?

Yeah? Cool, let's do this.

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**.

A child's attachment to their 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 AVOIDANT ATTACHMENT STYLE

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

Understanding Avoidant Attachment

An avoidant attachment style is characterized by a significant **emphasis on independence and emotional self-reliance**.

This isn't just a preference for solo time or space in a relationship; it's a **deeply ingrained wariness of becoming too emotionally entangled with someone else**.

When you start to feel cornered by emotional demands or intimacy, **your internal alarm system kicks in**.

It may not look like classic **"fight or flight"** mode, but it activates protective measures that induce; **hypervigilance, emotional detachment and total withdrawal**.

Your defence mechanisms activate and **you emotionally shut everything down**.

Don't be too hard on yourself if you recognize this in your own behavior; as we've already explored **your attachment style is most likely a product of your early life experiences**.

You may have been raised in a home **where emotional expression was discouraged or where independence was overly emphasized**.

Your caregivers might have been **inconsistent in their affection or emotionally unavailable altogether**.

Maybe they were just **dealing with their own struggles and unintentionally neglected your needs**.

These experiences often lead to a focus on **self-preservation**, even at the **expense of meaningful emotional connections**.

People with avoidant attachment styles **may scrutinize their partners for flaws or keep an emotional scorecard**, not as a way to keep the relationship in check, but **as a way to justify their emotional distance**.

By doing this, you're not necessarily pushing others away intentionally, but **you're safeguarding yourself from the vulnerabilities** that come with emotional intimacy.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

Causes of an Avoidant Attachment Style

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

Emotional Unavailability of Parent/s

Childhood Roots: When the people responsible for your well-being were indifferent or unresponsive to your emotional needs, you naturally learned to downplay the importance of those needs. You adapted by internalizing your emotions, learning that emotional availability from others is unreliable at best.

Adult Reinforcement: This manifests as a hesitance to fully emotionally invest in your partners. You've become adept at offering the bare minimum of emotional involvement, enough to maintain the relationship but not so much that you feel at risk of emotional pain or disappointment.

Defensive Independence

Childhood Roots: In a household where stringent expectations were the norm, displaying vulnerability often invited criticism rather than compassion. Your emotional self-expression was stunted as you adapted to your parents' high expectations, internalizing the message that it's better to manage your feelings independently to avoid judgment.

Adult Reinforcement: You've become used to handling your emotional struggles alone. The hesitance to expose vulnerabilities makes it a challenge to engage in the kind of open, emotionally supportive relationships that many find fulfilling.

Parental Mental Health

Childhood Roots: Growing up with a parent struggling with depression or other mental health issues could mean experiencing emotional neglect or inconsistency. On good days, your parent might have shown affection or engaged with you, but on their low days, they likely withdrew, becoming emotionally unavailable.

Adult Reinforcement: This inconsistency might have programmed you to handle emotional issues solo, never quite sure if seeking support would be met with warmth or indifference. You might be reluctant to share emotional burdens with your partner, as you've learned to equate seeking help with potential disappointment or neglect.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

High Standards & Perfectionism

Childhood Roots: Raised in an environment where the bar was set exceptionally high, you were implicitly—or explicitly—taught that love and approval were contingent upon your achievements and behavior. This created an incessant pressure to be perfect, making you keenly aware of your own flaws and failures. Any shortfall was not just a simple mistake but a mark against your worthiness for emotional support and affection.

Adult Reinforcement: You find yourself not only demanding perfection from yourself but your partners too. You have a tendency to judge your partners and create standards so high that they can't be met. Over time, your high standards turn into high walls, limiting the depth and richness of emotional connections you could otherwise enjoy.

Traumatic Events

Childhood Roots: Experiencing traumatic events in childhood significantly alters your perception of safety and emotional well-being. These events could range from accidents, the loss of a loved one, to extreme forms of emotional or physical abuse. The trauma teaches you, at a young age, that vulnerability can be hazardous, making it imperative to construct an emotional armor for self-preservation.

Adult Reinforcement: You've learned to associate emotional openness with potential danger or pain, leading you to control the emotional temperature of your interactions meticulously. This emotional distance you maintain serves as both a shield and a barrier, protecting you from perceived threats but also preventing meaningful, intimate connections.

Busy Parent/s

Childhood Roots: If you grew up with parents who were constantly busy—be it with work, social commitments, or other pursuits—you likely experienced periods of emotional unavailability from them. Even if they provided for you materially, their hectic schedules could have resulted in neglecting emotional check-ins or meaningful interactions.

Adult Reinforcement: This environment might have taught you to fend for yourself emotionally, equating independence with emotional safety. In your adult relationships, this manifests as a tendency to tackle challenges alone, hesitant to lean on a partner for fear of being an inconvenience or burden.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

Sibling Dynamics

Childhood Roots: Growing up amidst intense sibling rivalry or competition can be more than just a family dynamic; it can shape your very understanding of attachment and emotional intimacy. The competition for parental attention or resources might have taught you that emotional connections are transactional or unstable.

Adult Reinforcement: These early experiences can manifest as a hesitancy to truly invest emotionally. The competitive dynamics you learned in your family might make you view emotional intimacy as a zero-sum game where vulnerability could mean losing out. These habits persistently influence your interactions, making it challenging to form deep, stable bonds.

Parental Alienation

Childhood Roots: Parental alienation involves one parent manipulating a child to create distance between the child and the other parent. This form of emotional manipulation can instill a deep mistrust of emotional closeness.

Adult Reinforcement: This foundation of mistrust can surface as a fear of manipulation or emotional exploitation. It can make you extremely cautious in letting anyone get too close, reinforcing your avoidant tendencies.

Emotional Suppression

Childhood Roots: In households where emotional expression was frowned upon or even punished, you learn to tightly control your feelings and desires. You grow up believing that emotions are liabilities, better kept at arm's length. This environment is ripe for the development of an avoidant attachment style, where emotional suppression becomes a coping mechanism.

Adult Reinforcement: Opening up emotionally may feel like you're crossing a line you were taught never to approach. This can make it incredibly difficult to form an emotional connection, as you instinctively retreat into your protective shell whenever vulnerability is on the horizon.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

Social & Cultural Reinforcement

Childhood Roots: Social experiences outside the home also played a role. Whether it was peer rejection, bullying, or simply cultural norms that glorify emotional stoicism, these social factors reinforced your inclination to keep emotional distance. The collective message was clear: showing vulnerability is a weakness, and emotional self-reliance is the gold standard.

Adult Reinforcement: You might find yourself modeling or gravitating towards relationships that align with these socially reinforced beliefs. Being 'cool' and 'unattached' often gets validation, whether it's through media or social circles, fortifying your existing avoidant tendencies. The perpetual reinforcement from society at large makes it difficult to break free from this pattern.

Unresolved Past Relationships

Adult Origin: While many attachment behaviors take root in childhood, some are born out of adult experiences. Relationships that ended poorly, were emotionally draining, or caused significant emotional upheaval can impact your attachment tendencies in meaningful ways. These failed or painful relationships introduce a new layer of emotional baggage, influencing how you approach intimacy and emotional investment in future partnerships.

Adult Reinforcement: As you forge new relationships, the shadows of these unresolved past relationships frequently resurface, especially when facing emotional closeness or conflict. These past experiences reinforce your hesitance to fully emotionally invest in a new partner. The natural inclination is to retreat into avoidant behaviors, which serve as a form of emotional self-preservation. This pattern keeps you at a safe distance, making it increasingly difficult to form intimate, fulfilling relationships.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

Signs of an Avoidant 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 **avoidant attachment style looks like in everyday life**.

Recognizing the signs can be the **first step** toward cultivating **healthier relationships and greater emotional balance**.

Here's what an avoidant attachment style often looks like **in daily interactions**:

- **Avoidance of Emotional Intimacy:** You often shy away from deep emotional discussions or displays of affection, considering them unnecessary or even cumbersome.
- **Valuing Independence Over Connection:** While independence is generally a positive trait, you may prioritize it to the point where it hinders forming deep relationships. You often view relying on others as a sign of weakness.
- **Difficulty Accepting Support:** When offered emotional support or help, you're likely to decline or deflect, preferring to handle things on your own even when it's not in your best interest.
- **Dismissive of Others' Needs:** You might not be attuned to your partner's emotional needs or might dismiss them as being too needy or clingy, not recognizing this as a normal aspect of a balanced relationship.
- **Reluctance to Commit:** Whether it's labelling a relationship or planning a future together, you find yourself hesitating or dodging commitment, often fearing it might compromise your freedom.
- **Detachment During Conflict:** Instead of confronting issues and working through them, you're more likely to retreat and put emotional distance between yourself and the issue at hand.
- **Unwilling to Reveal Vulnerabilities:** You keep your weaknesses and fears closely guarded, considering emotional vulnerability as giving others power over you.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

- **Suppressing Feelings:** Emotional restraint is your go-to strategy. Even if you're experiencing strong feelings, you're likely to bottle them up rather than sharing openly.
- **Skeptical of True Love or 'Happily Ever Afters':** A dose of skepticism often colors your view of love, questioning the feasibility of long-term happiness in romantic relationships.

Being aware of these traits gives you the roadmap you **challenging your avoidant tendencies**, giving you a focus for where to channel your efforts for emotional growth.

Triggers for an Avoidant Attachment

Spotting your **triggers** is also crucial when you have an avoidant attachment style.

It helps you **understand why you may emotionally distance yourself** or resort to self-reliance at the expense of deeper connections.

As someone with an avoidant attachment style, you may find yourself triggered by:

- **Emotional Demands:** When someone asks for emotional support or a deeper level of commitment, you might pull away, feeling burdened or trapped.
- **Talks About the Future:** Any discussions about long-term plans, moving in together, or any other form of commitment may make you uneasy or provoke an internal resistance.
- **Vulnerability:** Sharing weaknesses or discussing emotional hardships can make you uncomfortable, pushing you to change the subject or distance yourself.
- **Clingy or 'Needy' Behavior:** Perceptions of neediness from a partner can trigger your inclination to withdraw emotionally, reinforcing your avoidant tendencies.
- **Jealousy or Possessiveness:** Observing these emotions from a partner can be unsettling, causing you to question the relationship and ponder an exit strategy.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

- **Breaks in Routine:** A sudden change in your partner's habits or emotional availability can induce feelings of uncertainty, prompting you to retreat into your shell for protection.
- **Expressed Insecurities:** Hearing your partner express doubt or insecurities in the relationship can be a trigger, compelling you to consider whether the emotional investment is worth it.
- **Challenges to Independence:** Any event or behavior that seems to infringe upon your personal freedom or self-reliance can activate your avoidant triggers, such as unsolicited advice or overt emotional expressions aimed at you.
- **Intense Emotional Moments:** Situations that require emotional openness and exchange can provoke avoidance, particularly if it's about negative or sensitive topics.
- **Conflict or Confrontation:** Disagreements or criticisms can make you emotionally shut down, avoiding the issue rather than facing it head-on.
- **High-Stakes Situations:** Major life events, such as meeting the family or discussing moving in together, can ramp up your resistance and avoidance mechanisms, even if things in the relationship have been going smoothly.

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**.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

Exercise 1: Rating Your Avoidant Attachment

This exercise uses a straightforward rating system to help you **evaluate your avoidant attachment tendencies**. Take some time to ponder each of the following statements. **Rate how true each one feels for you on a scale of 1 (rarely true) to 10 (always true):**

- ☐ I often find faults in people who want to get close to me.
- ☐ Emotional conversations generally make me uncomfortable.
- ☐ I don't like it when people rely on me emotionally.
- ☐ I avoid discussing the future of my relationships.
- ☐ I purposely suppress my own emotions
- ☐ I often keep my problems to myself, even from people I'm close to.
- ☐ When someone expresses their feelings for me, I pull away.
- ☐ Being vulnerable feels like weakness.
- ☐ I rarely think about my emotional needs.
- ☐ Emotional intimacy feels like a threat to my personal freedom.
- ☐ I find it easy to move on after the end of a relationship.
- ☐ I am often described as emotionally unavailable, cold or distant by those who try to get close to me.

- **Low Score (1-20):** Your avoidant attachment tendencies are mild. Even a minimal awareness of what triggers these tendencies can be extremely beneficial for your personal growth.
- **Medium Score (21-50):** You exhibit moderate levels of avoidant attachment behavior. Pay special attention to the statements where you scored higher.
- **High Score (51+):** Your tendencies toward avoidant attachment are quite strong and may require more focused effort to address.

SECTION 2

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

Reflection & Improvement

Now it's time to zero in on the areas where you **recognize potential for improvement**.

Turn your attention to the statements where you rated yourself between **6 and 10** in the previous avoidant attachment exercise.

For each of these elevated scores, **consider setting a specific objective** or gaining an insight you'd like to achieve.

Example:

- If you scored high on: "**I avoid discussing the future of my relationships.**"
- Your goal could be: "I want to become **more comfortable discussing my emotions and communicating** about the future with my partner".

Use this exercise as **a benchmark to refer back to** as you progress through this journal.

It serves as a roadmap, ensuring the efforts you're making are in sync with the transformations you're eager to cultivate within yourself.

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

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.

HOW YOU DEVELOPED AN AVOIDANT ATTACHMENT STYLE

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.

THE POWER OF YOUR SUBCONSCIOUS MIND

SECTION 3

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 our 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, insecurities, anger, resentment, fear or anxiety, the likelihood is that your **subconscious narrative or "the voice in your head" is mostly fearful, negative, aggressive, insecure or full of anxiety**.

For example, if you've experienced trauma that has led to the belief that **"I'll never find the right person for 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.

SECTION 3

THE POWER OF YOUR SUBCONSCIOUS MIND

Childhood Programming

Now let's talk about your **deeply ingrained beliefs, thoughts and assumptions**.

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 realizing it.

Shadow work is going to help you **recognize where these triggers manifested** and help you to understand and integrate them.

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**.

By practicing shadow work and understanding the mind, we are going to intentionally **disrupt any negative subconscious thoughts** through **awareness, visualization and affirmations**.

By intentionally changing your thought patterns you can create **new neural connections in the brain** and **rewire your mind toward more secure connections**.

This is called neuroplasticity.

SECTION 3

THE POWER OF YOUR SUBCONSCIOUS MIND

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 you find yourself **retreating emotionally or becoming overly self-reliant**, it's not just a pattern of behavior you're enacting; it's also **a physiological process**.

Your body is setting off its own set of **biochemical reactions designed to maintain a status quo** — one of **emotional distance and self-preservation**.

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.

The brain can't tell the difference **between fearing a predator that's about to attack you in real life and fearing something in your imagination** (i.e. remembering a past trauma in your mind).

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**.

SECTION 3

THE POWER OF YOUR SUBCONSCIOUS MIND

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 self preservation and **has a way of creating emotional turbulence.**

You're keenly aware of any attempt to **breach your emotional boundaries**, always on the lookout for signs that someone is getting too close for comfort.

Your subconscious convinces you that maintaining your autonomy **is the key to your well-being**, reinforcing your cycle of emotional detachment.

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

Every time you think a **bad childhood memory**, or how **trapped you felt** in a past relationship 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?**

SECTION 3

THE POWER OF YOUR SUBCONSCIOUS MIND

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**.

SECTION 3

THE POWER OF YOUR SUBCONSCIOUS MIND

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, flight or freeze" 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.

SECTION 3

THE POWER OF YOUR SUBCONSCIOUS MIND

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

YOUR SHADOW WORK JOURNAL

SECTION 4

YOUR SHADOW WORK JOURNAL

Now that you **understand avoidant attachment** a little better and you've **become aware of your thoughts** it's time to get to the good part - 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 avoidant attachment style, the shadow may include **fears of intimacy, vulnerability, and dependency**.

It can manifest as **emotional detachment, a deep-seated need for independence, and a resistance to forming deep emotional connections**.

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

These emotional blockages lead to **self sabotaging behaviour and negative emotions**.

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 reflect on your 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 4

YOUR SHADOW WORK JOURNAL

The Role of Trauma

Trauma and neglect as a child play a significant role in the development of an avoidant attachment style. **Traumatic experiences**, especially those involving caregivers, can disrupt a child's sense of safety and trust.

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 abuse, violent assaults, 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, overly disciplined, limited in expression, controlled, confused about their identity or 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**.

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 4

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. Assessing Current Patterns
3. Embracing Vulnerability
4. Relationships, Sex & Intimacy
5. 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 4

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 Journalling

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 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 avoidant 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.

Ready to get started?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

AS A CHILD WHO WAS THE FIRST PERSON TO EVER LET YOU DOWN? DO YOU REMEMBER THAT MOMENT? WHAT HAPPENED?

HOW DID YOU FEEL ABOUT THEM AFTER IT HAPPENED?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT ROLE DID YOU PLAY IN YOUR FAMILY IN RELATION TO YOUR PARENT/S AND SIBLING/S?

HOW DID THIS AFFECT YOU?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT DID YOU THINK ABOUT YOUR PARENT/S’ RELATIONSHIP GROWING UP? WRITE ABOUT THEM FROM YOUR CHILDHOOD PERSPECTIVE.

HOW DO YOU VIEW THEIR RELATIONSHIP AS AN ADULT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

AS A CHILD WHO WAS YOUR BEST EXAMPLE OF A HEALTHY RELATIONSHIP
AND WHY? DID YOU HAVE ONE? IF NOT, WHY?

DO YOU STILL SEE THIS RELATIONSHIP AS HEALTHY AS AN ADULT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WERE YOU ALLOWED TO EXPRESS YOUR EMOTIONS AS A CHILD? WHAT WAS THE REACTION TO YOU EXPRESSING CONCERN?

WRITE ABOUT A TIME THAT YOU EXPRESSED YOUR EMOTIONS AND WERE REJECTED AS A CHILD.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

REFLECT ON A TIME IN YOUR CHILDHOOD WHERE YOU FELT THE NEED TO SUPPRESS YOUR EMOTIONS. WHAT WAS HAPPENING TO YOU DURING THIS TIME?

WHY DID YOU FEEL THE NEED TO HIDE YOUR TRUE FEELINGS?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT ATTACHMENT STYLE DO YOU THINK YOUR PARENT/S HAD TO EACH OTHER? WHY?

DO YOU THINK THEIR RELATIONSHIP DYNAMIC IS HEALTHY AS AN ADULT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHEN YOU ACHIEVED ANYTHING AS A CHILD DID YOUR PARENT/S
ENCOURAGE AND VALIDATE YOUR ACHIEVEMENT? DID YOU FEEL
SUPPORTED OR DID YOU FEEL PRESSURED?

WRITE A STORY ABOUT A TIME WHERE YOU WERE CELEBRATED BY YOUR
FAMILY AS A CHILD.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT ATTACHMENT STYLE DO YOU THINK YOUR PARENT/S HAVE TO TOWARD YOU? IS IT HEALTHY? WHY/WHY NOT?

IS THIS FEELING THE SAME AS AN ADULT? WHY/WHY NOT?

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 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

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

DID YOU FEEL LIKE YOU COULD 100% RELY ON ANYONE AS A CHILD? IF SO, WHO AND WHY, IF NOT WHY?

DID YOU FEEL SUPPORTED OR ALONE?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW WERE CONFLICTS HANDLED IN YOUR CHILDHOOD HOME? DID YOUR PARENT/S FIGHT, BICKER OR ARGUE IN FRONT OF YOU? EXPLAIN THE DYNAMIC.

HOW HAS THIS INFLUENCED YOUR CONFLICT RESOLUTION SKILLS AS AN ADULT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOU EVER FEEL BURDENED AS A CHILD -
LIKE YOU TOOK ON TOO MUCH RESPONSIBILITY,
WHETHER LITERALLY OR EMOTIONALLY? EXPLAIN.

HOW DO YOU THINK THIS CHANGED YOU?

CHILDHOOD REFLECTION

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

WHAT WAS THE BIGGEST SECRET YOU KEPT AS A CHILD?

HOW DID KEEPING THAT SECRET SHAPE 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 WAS YOUR RELATIONSHIP TO YOUR MOTHER/MOTHER FIGURE
LIKE? HOW WOULD YOU HAVE EXPLAINED HER AS A CHILD? WRITE
ABOUT HER FROM YOUR CHILDHOOD PERSPECTIVE.

HOW WOULD YOU EXPLAIN HER NOW?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT WAS YOUR RELATIONSHIP TO YOUR FATHER/FATHER FIGURE LIKE?
HOW WOULD YOU HAVE EXPLAINED HIM AS A CHILD? WRITE ABOUT HIM
FROM YOUR CHILDHOOD PERSPECTIVE.

HOW WOULD YOU EXPLAIN HIM NOW?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WERE THERE INSTANCES IN YOUR CHILDHOOD WHERE YOU WERE
PUNISHED OR SHAMED FOR SHOWING VULNERABILITY? WHAT
HAPPENED?

HOW DO YOU THINK THIS SHAPED YOU? DO YOU SEE IT AS POSITIVE OR
NEGATIVE?

CAN YOU SEE THIS REFLECTED IN YOUR ADULT BEHAVIOR? IF SO,
EXPLAIN HOW.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW DID YOU SEEK COMFORT AS A CHILD? WERE YOU ENCOURAGED TO SELF-SOOTHE, OR WAS COMFORT AVAILABLE FROM OTHERS AROUND YOU?

WHAT COPING MECHANISMS DID YOU BUILD FROM THIS?

DO YOU FEEL COMFORTABLE REACHING OUT FOR COMFORT AS AN ADULT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

CAN YOU RECALL A MOMENT IN YOUR EARLY YEARS WHEN YOU FELT COMPLETELY OVERLOOKED OR MISUNDERSTOOD? WHAT HAPPENED?

HOW DID YOU COPE WITH THIS AS A CHILD?

CHILDHOOD REFLECTION

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

WHAT WERE YOU TAUGHT ABOUT LOVE GROWING UP?

HOW DO YOU THINK YOUR PARENT/S OPINIONS HAVE AFFECTED YOU?
DO YOU CARRY THIS WITH YOU AS AN ADULT?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW DID YOU FEEL YOUR PARENT/S PERCEIVED YOU AS A CHILD? WHAT WAS THEIR BELIEF ABOUT WHO YOU WERE AND HOW DID THEY SPEAK ABOUT YOU?

HOW DO YOU FEEL THIS IMPACTED YOUR SELF PERCEPTION AS A CHILD?

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

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

DID YOUR SIBLING/S EVER BULLY OR BELITTLE YOU AS A CHILD? IF SO,
WHAT DID THEY DO OR SAY?

DO YOU HOLD ONTO ANY RESENTMENT FOR THIS?

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.**

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

THINK BACK TO YOUR FIRST LOVE INTERESTS. WERE YOU EVER REJECTED?
WHAT HAPPENED?

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

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

DID YOU FEEL COMFORTABLE AND ACCEPTED IN FRIEND GROUPS AT SCHOOL? WHAT WAS YOUR PERSONALITY LIKE? EXPLAIN.

HOW DO YOU THINK YOUR CHILDHOOD FRIENDSHIPS IMPACTED YOUR PERSONALITY?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

CAN YOU REMEMBER A TIME IN YOUR CHILDHOOD WHEN YOUR ATTEMPTS TO CONNECT WITH OTHERS WERE REBUFFED OR DISMISSED? WHAT HAPPENED?

HOW DID IT MAKE YOU FEEL, HOW DID YOU REACT?

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

WERE THERE INSTANCES GROWING UP WHEN YOU FELT THAT YOUR
PERSONAL BOUNDARIES WERE IGNORED OR NOT RESPECTED? WHAT
HAPPENED?

DOES THIS STILL TRIGGER YOU TODAY?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

ARE THERE ANY DEEP SEATED BELIEFS OR ASSUMPTIONS THAT YOU HAVE ABOUT LOVE? WHAT ARE THEY?

CAN YOU PINPOINT WHERE THESE BELIEFS STARTED?

DO YOU THINK THESE BELIEFS ARE HEALTHY? IF SO WHY, IF NOT HOW CAN YOU MAKE CHANGES?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

CONSIDER A CHILDHOOD RELATIONSHIP THAT FELT SAFE AND NURTURING.
WHAT SET THAT RELATIONSHIP APART? WHO WAS IT?

WHY DID THEY MAKE YOU FEEL SAFE?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

REFLECT ON A MOMENT FROM YOUR CHILDHOOD WHEN YOU FELT
OVERWHELMED BY ANOTHER PERSON'S EMOTIONS. WHAT HAPPENED?

HOW DID YOU HANDLE IT THEN, AND HOW WOULD YOU HANDLE IT
NOW?

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 WERE SOME UNSPOKEN RULES IN YOUR HOUSEHOLD GROWING UP?

HOW HAVE THESE RULES INFLUENCED YOUR ADULT RELATIONSHIPS?

SHADOW WORK PROMPTS

CHILDHOOD REFLECTION

HOW WAS AFFECTION SHOWN IN YOUR CHILDHOOD HOME? WERE YOUR PARENT/S AFFECTIONATE TOWARD EACH OTHER OR YOU?

DO YOU SHOW AFFECTION IN THE SAME WAY THAT YOUR PARENT/S DID?

CHILDHOOD REFLECTION

[illegible]

CHILDHOOD REFLECTION

[illegible]

CHILDHOOD REFLECTION

[illegible]

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.

ASSESSING CURRENT PATTERNS

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DO YOU STRUGGLE TO RECEIVE LOVE? WHY IS IT HARD FOR YOU TO ACCEPT? EXPLAIN.

WHAT DO YOU FEEL MADE YOU THIS WAY?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

WHAT IS YOUR VIEW ON LOVE IN GENERAL?
DO YOU BELIEVE IN IT?

CAN YOU THINK OF SOMEONE'S RELATIONSHIP THAT YOU WISH YOU
COULD EMULATE? WHAT ABOUT THEM DO YOU ADMIRE?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

CAN YOU THINK OF A TIME WHEN YOU FELT SOMEONE WAS BECOMING TOO DEPENDENT ON YOU? WHO WAS IT? WHAT DID THEY DO?

HOW DID YOU REACT?

WAS THIS A VALID REACTION?

ASSESSING CURRENT PATTERNS

[illegible]

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

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

ASSESSING CURRENT PATTERNS

DO YOU UNINTENTIONALLY DISMISS OR INVALIDATE THE EMOTIONS AND NEEDS OF OTHERS? WRITE ABOUT A SPECIFIC TIME YOU DID THIS, EITHER INTENTIONALLY OR UNINTENTIONALLY.

WHY DO YOU THINK YOU DO THIS?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DO YOU ASK FOR HELP?
IF NOT, WHY DO YOU FIND IT SO HARD?

DO YOU FEEL LIKE YOU’LL OWE THEM SOMETHING, THAT ASKING FOR
HELP IS WEAK OR A BURDEN? WHY?

ASSESSING CURRENT PATTERNS

[illegible]

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DESCRIBE A TIME THAT YOU AVOIDED OR SABOTAGED OPPORTUNITIES
FOR DEEP CONNECTION AND INTIMACY. TELL THE STORY.

WHAT WAS THE REASONING FOR YOUR BEHAVIOR?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

HOW DO YOU USUALLY RESPOND TO COMPLIMENTS?
DOES IT MAKE YOU UNCOMFORTABLE?

WHY DO YOU THINK YOU FIND IT HARD TO ACCEPT COMPLIMENTS?

IS YOUR REASONING VALID?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

IS THERE AN EMOTION YOU OFTEN AVOID CONFRONTING?
WHAT IS IT?

WHAT MAKES IT SO DIFFICULT? DO YOU ASSOCIATE IT WITH WEAKNESS?
IF SO, WHY?

CAN YOU SEE VALUE IN EMBRACING THIS EMOTION?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

WHEN’S THE LAST TIME YOU SELF SABOTAGED?
TELL THE STORY

WHY DID YOU DO IT?

WHAT WOULD YOU DO DIFFERENTLY NOW?

ASSESSING CURRENT PATTERNS

[illegible]

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DRAW LINES OUT FROM "MY CIRCLE" OF EVERY PERSON IN YOUR LIFE THAT YOU TRUST RIGHT NOW.



My Circle

ASSESSING CURRENT PATTERNS

[illegible]

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

WHAT DO YOU LOVE ABOUT YOUR INDEPENDENCE?
WRITE ABOUT IT IN DETAIL.

WHAT DO YOU FEEL LIKE YOU MIGHT LOSE IF YOU COMMIT TO SOMEONE?
WHY?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

WHAT’S YOUR MOST TOXIC TRAIT?
EXPLAIN IN DETAIL.

HOW WOULD YOU JUDGE SOMEONE ELSE WHO DOES THE SAME THING?
BE HONEST.

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

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?

ASSESSING CURRENT PATTERNS

[illegible]

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DO YOU PUT ON A PERSONA WHEN INTERACTING WITH OTHERS TO KEEP THEM AT A DISTANCE? WHO DO YOU BECOME AND WHAT DO YOU HIDE?

HOW DOES THIS PERSONA SERVE YOU? HOW DOES IT HINDER YOU?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

CAN YOU RECALL A TIME WHEN YOU PREFERRED TO SOLVE A PROBLEM BY YOURSELF, EVEN WHEN OTHERS OFFERED HELP? WHAT LED YOU TO THAT CHOICE?

HOW DOES ACCOMPLISHING THINGS ALONE MAKE YOU FEEL?

HOW DOES ACCOMPLISHING THINGS WITH SOMEONE ELSE MAKE YOU FEEL?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

WHEN YOU FEEL STRESSED, DO YOU TEND TO ISOLATE OR ENGAGE WITH DISTRACTIONS? WHAT FORMS DO THESE DISTRACTIONS USUALLY TAKE?

WHAT IS YOUR MOST TOXIC DISTRACTION AND WHY DO YOU TURN TO IT?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DO YOU HAVE ANYTHING THAT YOU WOULD CONSIDER AN ADDICTION?
IF SO WHAT IS IT?

WHAT TRIGGERS YOU TO ENGAGE IN IT?

HOW DO YOU THINK THIS COPING MECHANISM SERVES YOU?

WHAT FEELINGS, FEARS OR INSECURITIES DO YOU THINK YOU'RE
MASKING?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

HOW OFTEN DO YOU MAKE DECISIONS BASED PURELY ON LOGIC,
IGNORING YOUR EMOTIONAL RESPONSE?

WHAT'S THE REASONING BEHIND THIS APPROACH?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

HAVE YOU EVER AVOIDED MAKING PLANS FOR THE FUTURE? WHAT HAPPENS INSIDE OF YOUR HEAD WHEN YOU THINK TOO FAR FORWARD?

DOES THIS ONLY APPLY IN ROMANTIC RELATIONSHIPS OR DOES THIS AFFECT EVERYTHING YOU DO?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DO YOU FIND IT HARD TO EXPRESS YOUR FEELINGS, EVEN IN A JOURNAL
OR TO A CLOSE FRIEND? WHAT HAPPENS WHEN YOU'RE PUT ON THE
SPOT?

WHAT DO YOU FEAR COULD HAPPEN IF YOU EXPRESS YOURSELF
OPENLY?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

HAVE YOU EVER FELT UNCOMFORTABLE RECEIVING AFFECTION?
IF SO, WHY DO YOU THINK YOU REACT THIS WAY?

WHAT DOES RECEIVING AFFECTION AND PRAISE MEAN TO YOU?

WHAT DO YOU THINK WOULD HAPPEN IF YOU EMBRACED IT?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DO YOU TEND TO KEEP YOUR PERSONAL LIFE AND FEELINGS PRIVATE, EVEN FROM THOSE CLOSE TO YOU? WHY DO YOU THINK THIS IS?

WHO IS SOMEONE THAT YOU HAVE COMFORTABLY OPENED UP TO? WHY DID YOU CHOOSE THEM?

HOW DOES OPENING UP TO THIS PERSON MAKE YOU FEEL?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DO YOU USE SARCASM OR HUMOR AS A DEFENSE MECHANISM TO AVOID VULNERABILITY? DOES IT WORK?

HAS ANYONE EVER CALLED YOU OUT ON THIS? IF SO, WHAT DID THEY SAY?

WHY DO YOU THINK YOU DO IT?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

WHEN YOU MEET SOMEONE NEW, HOW DO YOU THINK THEY PERCEIVE YOU? DESCRIBE YOU FROM THEIR PERSPECTIVE IN DETAIL.

WHY DO YOU THINK THIS? DO YOU THINK OTHERS WOULD VALIDATE YOUR OPINION?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

WHEN WAS THE LAST TIME THAT YOU TRULY STRUGGLED? WHAT WAS HAPPENING IN YOUR LIFE? DESCRIBE IT IN DETAIL.

DID YOU TURN TO ANYONE OR DID YOU ISOLATE? WHY? HOW DID THAT MAKES YOU FEEL?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

WHAT’S THE ANGRIEST YOU’VE EVER BEEN? WHAT HAPPENED?
HOW DID YOU REACT?

WAS YOUR REACTION VALID?

WHAT WOULD YOU HAVE DONE DIFFERENTLY NOW?

SHADOW WORK PROMPTS

ASSESSING CURRENT PATTERNS

DO YOU FEEL COMFORTABLE HAVING DEEP CONVERSATIONS ABOUT YOURSELF? WHEN IT'S TIME TO TALK ABOUT YOU DO YOU OPEN UP? WHY?

WHAT ARE YOU AFRAID THAT PEOPLE WILL SEE OR BELIEVE ABOUT YOU?

EMBRACING VULNERABILITY

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

DID YOU EVER SEE YOUR FATHER/FATHER FIGURE EMBRACE
VULNERABILITY GROWING UP? HOW DID HE PERCEIVE IT? HOW DID HE
HOLD HIMSELF?

DO YOU THINK YOU PICKED UP SOME OF HIS HABITS? IF SO WHICH
ONES?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

CAN YOU REMEMBER A TIME THAT YOUR FATHER/FATHER FIGURE TAUGHT YOU ABOUT WHAT IT MEANS TO BE A MAN/WOMAN? WHAT DID HE SAY?

HOW DO YOU THINK HE HAS INFLUENCED THE WAY YOU LOVE?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

DID YOUR FATHER/FATHER FIGURE RESPECT WOMEN? HOW DID HE SPEAK ABOUT WOMEN IN FRONT OF YOU AS A CHILD?

HOW DO YOU THINK HE HAS INFLUENCED THE WAY YOU PERCEIVE WOMEN AS AN ADULT?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

DID YOUR FATHER/FATHER FIGURE RESPECT MEN? HOW DID HE SPEAK ABOUT MEN IN FRONT OF YOU AS A CHILD?

HOW DO YOU THINK HE HAS INFLUENCED THE WAY YOU PERCEIVE MEN AS AN ADULT?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

DID YOU EVER SEE YOUR MOTHER/MOTHER FIGURE EMBRACE
VULNERABILITY? HOW DID SHE PERCEIVE IT? HOW DID SHE HOLD
HERSELF?

DO YOU THINK YOU PICKED UP SOME OF HER HABITS? IF SO WHICH
ONES?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

CAN YOU REMEMBER A TIME THAT YOUR MOTHER/MOTHER FIGURE
TAUGHT YOU ABOUT WHAT IT MEANS TO BE A MAN/WOMAN? WHAT DID
SHE SAY?

HOW DO YOU THINK SHE HAS INFLUENCED THE WAY YOU LOVE?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

DID YOUR MOTHER/MOTHER FIGURE RESPECT MEN? HOW DID SHE SPEAK ABOUT MEN IN FRONT OF YOU AS A CHILD?

HOW DO YOU THINK SHE HAS INFLUENCED THE WAY YOU PERCEIVE MEN AS AN ADULT?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

DID YOUR MOTHER/MOTHER FIGURE RESPECT WOMEN? HOW DID SHE
SPEAK ABOUT WOMEN IN FRONT OF YOU AS A CHILD?

HOW DO YOU THINK SHE HAS INFLUENCED THE WAY YOU PERCEIVE
WOMEN AS AN ADULT?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHAT DOES VULNERABILITY MEAN TO YOU? IS IT A STRENGTH OR A WEAKNESS?

WHY DO YOU SEE IT THAT WAY?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

DO YOU FEEL ANY GUILT OR
SHAME ASKING FOR HELP?

WHY DO YOU THINK YOU FIND IT SO HARD?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHAT'S SOMETHING YOU WISH YOU SAID TO SOMEONE THAT YOU
HAVEN'T YET? WRITE IT DOWN.

WHY HAVEN'T YOU SAID IT?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHEN WAS THE LAST TIME YOU CRIED? WHAT HAPPENED? EXPLAIN IN
DETAIL.

DID IT FEEL CATHARTIC OR DID YOU FEEL SHAME AFTERWARD? WHY?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHEN WAS THE LAST TIME YOU CRIED IN FRONT OF SOMEONE? WHAT HAPPENED?

HOW DID THAT MAKE YOU FEEL? DID YOU FEEL SUPPORTED OR REGRET IT?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

THINK OF A TIME WHEN YOUR VULNERABILITIES WERE EXPOSED WITHOUT YOUR CONSENT. WHAT HAPPENED?

HOW DID YOU REACT, HOW DID THAT MAKE YOU FEEL?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WRITE DOWN ALL OF THE THINGS THAT ANNOY YOU ABOUT YOURSELF.

DO YOU NEED TO MAKE SOME CHANGES OR ARE YOU BEING TOO HARD ON YOURSELF?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

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

WHAT TRUTH ARE YOU TRYING TO AVOID?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHO ARE YOU JEALOUS OR ENVIOUS OF? WHY DO YOU FEEL THIS WAY ABOUT THEM?

WHAT MAKES THEIR LIFE SO DESIRABLE FOR YOU?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

DO YOU BELIEVE YOU NEED TO BE STRONG ALL THE TIME? WHAT DOES STRENGTH MEAN TO YOU?

WHAT WAS A TIME THAT BEING STRONG MADE YOU FEEL GOOD?

WHAT WAS A TIME THAT BEING STRONG FELT ISOLATING?

EMBRACING VULNERABILITY

[illegible]

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

HAVE YOU EVER WITHHELD YOUR FEELINGS TO MAINTAIN AN IMAGE OF BEING 'UNFAZED' OR 'TOUGH'? EXPLAIN A TIME WHEN YOU DID THIS.

HOW DID YOU REALLY FEEL?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHO'S SOMEONE THAT YOU COULD OPEN UP TO MORE? WHY DO YOU WANT TO? WHY ARE THEY IMPORTANT TO YOU?

HOW CAN YOU TAKE STEPS TO OPEN UP TO THAT PERSON? WHAT DO YOU WANT TO TELL THEM?

EMBRACING VULNERABILITY

[illegible]

EMBRACING VULNERABILITY

[illegible]

EMBRACING VULNERABILITY

[illegible]

EMBRACING VULNERABILITY

[illegible]

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHAT ARE YOU ABSOLUTELY TERRIFIED OF THAT YOU HAVEN'T EVER SHARED WITH ANYONE?

WHAT’S THE WORST THAT COULD HAPPEN IF YOU DID?

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHAT'S SOMETHING YOU REALLY NEED
TO CONSCIOUSLY GET OVER?

HOW CAN YOU FORGIVE YOURSELF FOR HOLDING ONTO THIS FOR TOO
LONG?

EMBRACING VULNERABILITY

[illegible]

SHADOW WORK PROMPTS

EMBRACING VULNERABILITY

WHAT DO YOU THINK ABOUT YOU? IF YOU'RE BEING 100% REAL WITH YOURSELF HOW DO YOU PERCEIVE YOU?

READ THAT BACK. IS IT ENTIRELY VALID?

RELATIONSHIPS, SEX & INTIMACY

RELATIONSHIPS, SEX & INTIMACY

[illegible]

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

HOW COMFORTABLE ARE YOU WITH EXPRESSING AFFECTION IN YOUR RELATIONSHIPS? EXPLAIN.

WHERE DO YOU THINK THIS COMFORT/DISCOMFORT COMES FROM?

DO YOU THINK THERE’S VALUE IN AFFECTION?

HOW CAN YOU TRY TO EMBRACE IT?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

HAVE YOU EVER AVOIDED DISCUSSING YOUR FEELINGS WITH A PARTNER
OUT OF FEAR OF REJECTION OR MISUNDERSTANDING?

HOW DID THAT IMPACT YOUR RELATIONSHIP?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

CAN YOU IDENTIFY A BEHAVIOR YOU EXHIBIT IN RELATIONSHIPS THAT YOU CAN'T UNDERSTAND? WHAT DO YOU DO?

CAN YOU CONNECT IT BACK TO YOUR CHILDHOOD?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DO YOU HAVE BOUNDARIES IN YOUR RELATIONSHIPS THAT ARE NON-NEGOTIABLE? WHAT ARE THEY?

WHY ARE THEY IMPORTANT TO YOU?

DO YOU THINK THEY'RE REASONABLE? WHY?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

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

RELATIONSHIPS, SEX & INTIMACY

HAVE YOU EVER FELT ABANDONED OR HEARTBROKEN IN A
RELATIONSHIP? WHO WAS THE PERSON & HOW DID IT END?

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

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DO YOU THINK YOU’VE EVER ACTUALLY BEEN IN LOVE? IF SO, WITH WHO
AND HOW DID IT FEEL? IF NOT, WHY NOT?

WHAT DOES BEING IN LOVE LOOK LIKE TO YOU?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DO YOU FIND IT DIFFICULT TO EXPRESS YOUR NEEDS?
WHY/WHY NOT?

WHEN WAS THE LAST TIME YOU EXPRESSED A NEED TO SOMEONE? HOW
DID THEY RESPOND?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

WHAT WAS YOUR GREATEST HEARTBREAK? WHY DO YOU THINK THIS ONE HIT SO HARD?

HOW DO YOU FEEL ABOUT THIS PERSON NOW?

RELATIONSHIPS, SEX & INTIMACY

[illegible]

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DO YOU THINK BEING IN A COMMITTED RELATIONSHIP MEANS YOU HAVE TO SACRIFICE YOUR INDEPENDENCE OR FREEDOM? WHY?

DO YOU THINK YOU’LL EVER FIND SOMEONE WHO DOESN’T MAKE YOU FEEL THIS WAY?

RELATIONSHIPS, SEX & INTIMACY

[illegible]

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

THINKING BACK TO YOUR GREATEST HEARTBREAK, WHAT COULD YOU HAVE DONE DIFFERENTLY IN THAT RELATIONSHIP?

WHAT’S SOMETHING YOU REGRET DOING?

WERE THEY GOOD FOR YOU? WHY/ WHY NOT?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

WHAT SACRIFICES DID YOU MAKE IN YOUR MOST SIGNIFICANT
RELATIONSHIP?

DID YOU FEEL APPRECIATED?

HOW DID THIS RELATIONSHIP SHAPE THE WAY YOU SEE YOUR FUTURE
RELATIONSHIPS?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

WHAT KIND OF BEHAVIOR DO YOU EXHIBIT WHEN YOU FEEL THREATENED
OR OVERWHELMED IN A RELATIONSHIP?

HAS THIS SERVED YOU OR HURT YOU? OR BOTH? EXPLAIN.

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DO YOU FEEL SHAMEFUL ABOUT ANY OF YOUR PAST EXES?
IF SO, WHO?

WHAT ABOUT THE RELATIONSHIP DO YOU FEEL SHAME ABOUT?

HOW CAN YOU LET GO OF THIS?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

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

LOVED

HATED

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

HAVE YOU EVER BEEN CHEATED ON OR TREATED POORLY IN A
RELATIONSHIP? IF SO, WHAT HAPPENED?

WHY DO YOU THINK THIS HAPPENED? HOW DID IT CHANGE THE WAY YOU
VIEW RELATIONSHIPS?

DO YOU THINK THIS STILL AFFECTS YOU? HOW CAN YOU LET GO?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

IS THERE AN EX YOU STILL THINK ABOUT? IF SO WHO ARE THEY AND WHY DO YOU STILL THINK ABOUT THEM?

DO YOU THINK YOU ROMANTICIZE THIS PERSON?

WERE THEY ACTUALLY GOOD FOR YOU? WHY/WHY NOT?

RELATIONSHIPS, SEX & INTIMACY

[illegible]

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

HAS A PAST LOVE INTEREST EVER MADE YOU FEEL INSECURE ABOUT THEIR COMMITMENT TO YOU?

DID YOU LOSE YOUR TRUST FOR THEM? HOW DO YOU THINK THIS IMPACTS YOU STILL?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

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

RELATIONSHIPS, SEX & INTIMACY

WHAT'S ONE THING YOU'VE ALWAYS WANTED TO TRY IN THE BEDROOM THAT YOU HAVEN'T YET? WRITE ABOUT IT IN DETAIL.

WHY HAVEN'T YOU TRIED IT?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DO YOU ENJOY HOOK UP CULTURE? WHAT IS IT ABOUT THIS TYPE OF SEXUAL GRATIFICATION THAT MAKES YOU FEEL GOOD?

DO YOU EVER FEEL SHAME OR REGRET ABOUT THIS?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

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

HOW DOES SEX WITH AN EMOTIONAL CONNECTION DIFFER?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

ARE YOU MORE LIKELY TO PICK SEXUAL PARTNERS WHERE THERE'S LITTLE RISK OF CATCHING FEELINGS? DIVE INTO THAT. WHO WAS THE LAST PERSON YOU HAD THIS TYPE OF ARRANGEMENT WITH?

HOW DID THEY MAKE YOU FEEL? WAS IT FULFILLING?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

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?

RELATIONSHIPS, SEX & INTIMACY

[illegible]

RELATIONSHIPS, SEX & INTIMACY

[illegible]

RELATIONSHIPS, SEX & INTIMACY

[illegible]

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

AFTER SEX DO EMOTIONAL DISPLAYS LIKE CUDDLING, KISSING AND AFFECTION MAKE YOU FEEL UNCOMFORTABLE? WHY/WHY NOT?

DOES IT DEPEND ON WHO YOU'RE WITH? WHEN WAS A TIME THIS FELT NATURAL AND COMFORTING?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

ARE THERE SEXUAL ACTS YOU AVOID BECAUSE THEY FEEL TOO INTIMATE OR REVEALING EMOTIONALLY? WHAT ARE THEY?

WHEN YOU HAVE PARTICIPATED IN THESE ACTS HOW DID YOU FEEL?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

HOW DO YOU HANDLE DISAGREEMENTS IN YOUR RELATIONSHIPS? DO YOU CONFRONT THEM OR AVOID THEM? WHY?

WHEN WAS A TIME YOU REGRETTED YOUR REACTION?

WHAT WOULD YOU DO DIFFERENTLY NOW?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DOES THE THOUGHT OF COMMITTING TO A LONG-TERM RELATIONSHIP SCARE YOU? IF SO, WHY?

DO YOU THINK YOU’LL EVER MEET SOMEONE WHO BALANCES YOU OUT AND DOESN’T TAKE AWAY FROM YOUR INDEPENDENCE?

RELATIONSHIPS, SEX & INTIMACY

[illegible]

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

HOW WOULD YOU REACT IF A PARTNER ASKED YOU TO OPEN UP MORE EMOTIONALLY OR TO BE MORE PHYSICALLY AFFECTIONATE?

WHAT DO YOU THINK WOULD HAPPEN IF YOU ACTUALLY TRIED IT?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

IS THERE A SOMEONE IN YOUR LIFE RIGHT NOW THAT YOU THINK OF ALL OF THE TIME BUT PURPOSELY PUSH AWAY? WHO ARE THEY? HOW DO THEY MAKE YOU FEEL? HONESTLY.

WHAT ARE YOU AFRAID OF IN THIS SITUATION?

RELATIONSHIPS, SEX & INTIMACY

[illegible]

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DESCRIBE THE WAYS YOU MAY INTELLECTUALIZE TO AVOID ENGAGING WITH YOUR EMOTIONS.

DO YOU TEND TO TALK YOURSELF OUT OF LIKING SOMEONE? HOW DO YOU DO IT?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

DO YOU LIE ABOUT YOURSELF TO OTHERS?
WHAT IS THE LIE YOU TELL?

WHAT FEARS DO YOU HAVE AROUND BEING TRULY SEEN AND KNOWN
BY OTHERS?

SHADOW WORK PROMPTS

RELATIONSHIPS, SEX & INTIMACY

HOW DO YOU USE DATING APPS? ARE YOU LOOKING FOR SOMETHING
SERIOUS OR CASUAL? WHY?

DO YOU THINK YOUR RELATIONSHIP TO DATING IS HEALTHY? DOES THE
WAY YOU DATE FULLFILL YOU?

WHO HAS BEEN THE MOST MEMORABLE CONNECTION FROM THE APPS?
WHAT HAPPENED WITH THAT PERSON?

RELATIONSHIPS, SEX & INTIMACY

[illegible]

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, **maybe got a little teary-eyed** 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 **the best version of you 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.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

REMEMBER THE WEB OF BELIEFS YOU DREW AT THE START OF YOUR JOURNEY?
HAVE YOUR BELIEFS ABOUT YOURSELF CHANGED? WHAT ARE THEY NOW?

My Beliefs

ENVISIONING THE FUTURE

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.

ENVISIONING THE FUTURE

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

HOW HAS YOUR PERSPECTIVE ON YOUR
PAST TRAUMAS CHANGED?

WHAT ARE SOME THINGS YOU’RE ACTIVELY TRYING TO CHANGE?

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

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?

ENVISIONING THE FUTURE

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

ENVISIONING THE FUTURE

WHAT ARE SOME THINGS IN YOUR PRESENT THAT HAVE TO GO AND
WHAT ARE SOME THINGS THAT YOU NEED TO TRY?

THINGS THAT HAVE TO GO

THINGS I NEED TO TRY

ENVISIONING THE FUTURE

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

ENVISIONING THE FUTURE

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

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

WRITE DOWN AN OLD BELIEF ABOUT YOURSELF AND HOW THAT HAS TRANSFORMED INTO A NEW BELIEF.

OLD BELIEF

NEW BELIEF

ENVISIONING THE FUTURE

[illegible]

ENVISIONING THE FUTURE

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

ENVISIONING THE FUTURE

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

LET GO OF

GAINED

ENVISIONING THE FUTURE

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

ENVISIONING THE FUTURE

THINK ABOUT SOMEONE WHO RECENTLY PUT EMOTIONAL EFFORT INTO YOUR RELATIONSHIP. HOW DID IT FEEL? WHAT DO THEY MEAN TO YOU?

HOW WILL YOU RECIPROCATE IN A MEANINGFUL WAY WITHIN THE NEXT SEVEN DAYS?

ENVISIONING THE FUTURE

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

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.

ENVISIONING THE FUTURE

[illegible]

ENVISIONING THE FUTURE

[illegible]

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

THINK OF A PLACE YOU'VE ALWAYS WANTED TO VISIT. WHERE IS IT AND WHY DO YOU WANT TO GO?

WHAT WOULD YOU NEED TO DO TO MAKE THIS TRIP A REALITY?

ENVISIONING THE FUTURE

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

CREATE A MIND MAP OF YOUR FUTURE GOALS. PUT A CIRCLE IN THE MIDDLE WITH YOUR NAME IN IT AND START CONNECTING TO EVERYTHING THAT YOU WANT.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

CHOOSE A SKILL OR HABIT THAT YOUR FUTURE SELF HAS MASTERED.
WHAT IS IT? WHY DID YOU CHOOSE IT?

WHAT’S THE PLAN TO GET STARTED?

NOW, PRACTICE IT FOR 30 DAYS.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

WHAT ARE THREE THINGS OUTSIDE YOUR COMFORT ZONE THAT YOU’VE ALWAYS WANTD TO TRY?

WRITE DOWN EXACTLY WHAT YOU NEED TO DO TO TRY THEM.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

DRAW PICTURES OF ALL THE THINGS THAT YOU WANT, THESE CAN BE WORDS, SYMBOLS, IMAGES. DON'T WORRY IF YOU CAN'T DRAW JUST GET CREATIVE FOR A FEW MINUTES.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

**DRAW DRAW LINES OUT FROM “PEREFCT PERSON” OF ALL THE QUALITIES
YOU WANT IN A PARTNER.**



Perfect Person

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

PICTURE YOUR PERFECT FUTURE PARTNER. WRITE DOWN A LIST OF THEIR PHYSICAL QUALITIES AND EMOTIONAL QUALITIES.

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?

ENVISIONING THE FUTURE

[illegible]

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

HOW DOES YOUR IDEAL PARTNER TREAT YOU?
EXPLAIN IN DETAIL.

HOW DO YOU SHOW YOUR IDEAL PARTNER LOVE AND SUPPORT? EXPLAIN
IN DETAIL.

SHADOW WORK PROMPTS

ENVISIONING THE FUTURE

ENVISION THE HEALTHIEST VERSION OF YOUR FUTURE SELF. WHAT DO YOU LOOK LIKE, HOW DO YOU FEEL?

WHAT STEPS CAN YOU TAKE THIS WEEK TO GET STARTED?

ENVISIONING THE FUTURE

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.

ENVISIONING THE FUTURE

[illegible]

ENVISIONING THE FUTURE

[illegible]

ENVISIONING THE FUTURE

[illegible]

ENVISIONING THE FUTURE

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

ENVISIONING THE FUTURE

PICTURE YOURSELF PURSUING A PASSION OR DREAM YOU'VE HELD BACK
ON WHAT ARE YOU DOING? WHAT'S DIFFERENT IN THIS REALITY?

WOULD YOU ACTUALLY TRY IT? WHY/WHY NOT?

ENVISIONING THE FUTURE

[illegible]

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

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.

AFFIRMATIONS

SECTION 5

AFFIRMATIONS FOR BREAKING AVOIDANT 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 me when I 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 avoidant patterns and embrace healthier ways of relating to ourselves and others.

So, even if **it feels a bit weird or cheesy, 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 5

AFFIRMATIONS FOR BREAKING AVOIDANT 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 5

AFFIRMATIONS FOR BREAKING AVOIDANT PATTERNS

Choose 5 of your favorite affirmations and **repeat them daily**.

Reword them to feel more authentic to you (keep them positive and affirming).

1. I am worthy of love and connection.
2. I embrace vulnerability as a strength.
3. I am open to forming deep and meaningful relationships.
4. I trust that I can navigate intimacy with grace and authenticity.
5. I release fear and embrace emotional closeness.
6. I deserve to be seen, heard, and valued in relationships.
7. I am deserving of love and affection.
8. I let go of my need for constant independence and allow myself to rely on others.
9. I am capable of building and sustaining healthy relationships.
10. I release the need to push others away and instead invite them into my life.
11. I choose to communicate my needs and emotions openly and honestly.
12. I release old patterns of emotional detachment and welcome emotional connection.
13. I am enough just as I am.
14. I am deserving of love, respect, and understanding.
15. I trust my instincts and make choices that align with my values.
16. I am confident in expressing my thoughts, feelings, and needs.
17. I embrace my unique qualities and celebrate my individuality.
18. I am worthy of receiving support and care from others.
19. I am resilient and capable of overcoming challenges.
20. I have the power to create the life and relationships I desire.
21. I choose to let go of self-doubt and embrace self-belief.
22. I am strong and capable of navigating difficult emotions.
23. I trust myself to make decisions that serve my highest good.
24. I am deserving of happiness and fulfillment in all areas of my life.
25. I release the need for perfection and embrace my imperfections.

A NEW YOU

SECTION 6

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 6

A NEW YOU

If you got this far, we have to say, we're impressed!

We hope that you've **learnt some cool things** about neuroscience, your brain and how it's possible to change and grow.

You've made it through a **pretty intense journey of introspection and transformation**, dealing with your dismissive avoidant attachment.

You may have **cried a little or came to a few realizations** about yourself and life; and we hope this has helped.

You've taken a **deep dive into your past, observed your present through a new lens, and envisioned an empowering future**.

You've courageously embraced all aspects of your personality, including the **shadowy parts**, and taken significant steps towards integration.

In practising self-awareness and courage, you've **set meaningful goals for your future** and readied yourself to tackle avoidant tendencies head-on.

But remember, the path of **self-discovery and self-growth** isn't a destination - it's an ongoing journey.

This process of **growth, healing, and transformation** continues beyond these pages.

Don't ever forget - you are capable, **you are resilient, and you are deserving of love, connection, and joy** in all its forms.

Keep this journal close.

Revisit it often to **remind yourself of how far you've come** and the resilience you've displayed.

Let it be a source of motivation and inspiration as you **continue your journey of self-awareness**, tackling avoidant tendencies, and embracing the full spectrum of life's experiences.

We're rooting for you!