



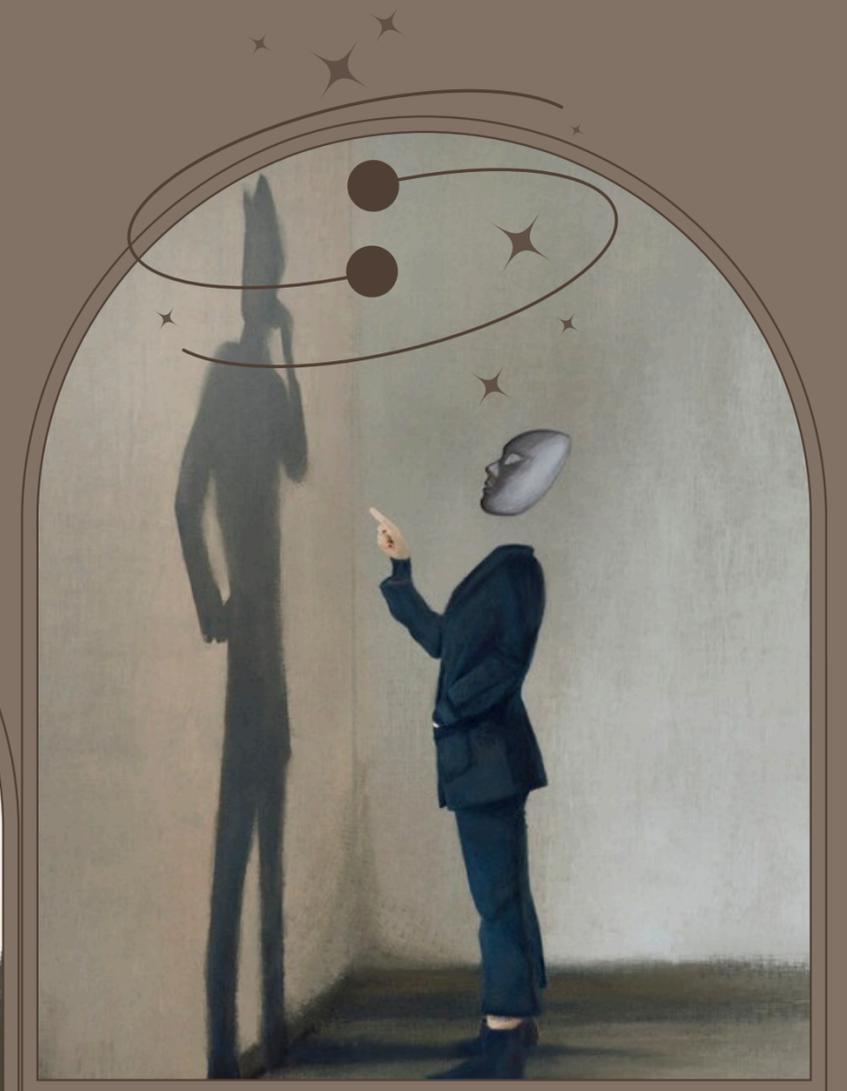
Exploring Shadow Work

Work Shop

Katy Bodman & Alex Gulland

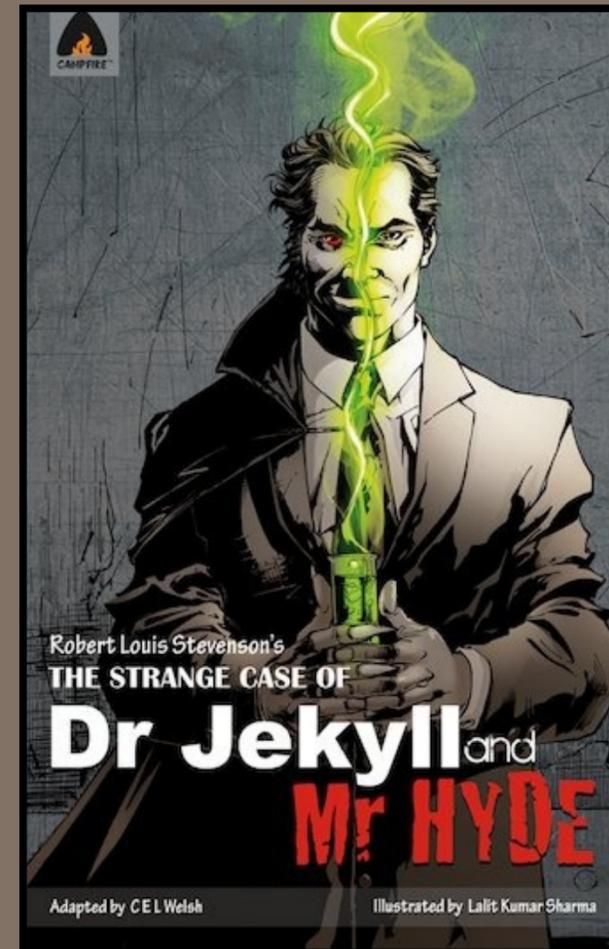
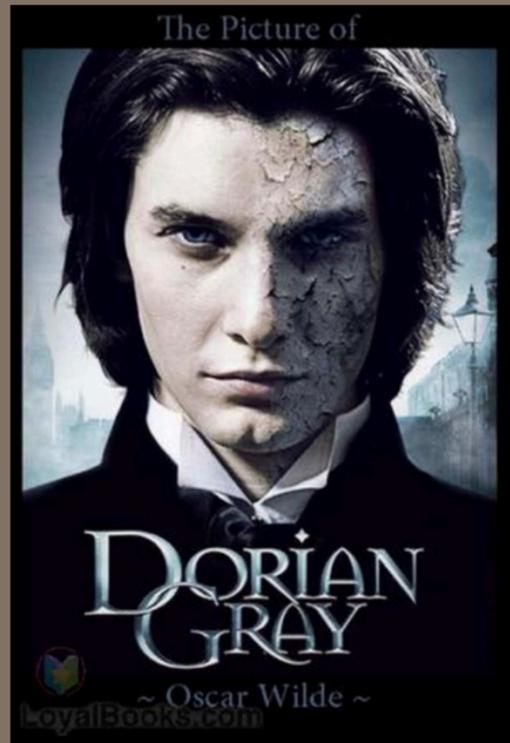
Why Shadow Work?

- The ancient Greeks and more recently Carl Jung are associated with Shadow Work.
- The Personal Shadow
Any part that we disown turns against us.
- The Golden Shadow
"80% of the shadow is pure gold" - Carl Jung
- Getting to know parts of yourself of which you are not currently aware (unconscious self).
- As poet Robert Bly says in 'A Little Book of the Human Shadow': "The child puts all of their unwanted parts into an invisible bag and drags it behind them."



The Shadow in Storytelling

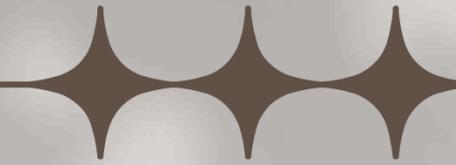
- Dorian Gray - Oscar Wilde
- Dexter - Jeff Lindsay
- Dr Jekyll and Mr Hyde - Robert Lewis Stevenson
- Peter Pan - J M Barrie
- Any Hitchcock Film!





**Interview with
Alasdair Kirk
Shadow Worker
Part One**

How to Reclaim Your Projected Qualities



- Recognise the projection: Ask yourself "What specifically irritates or attracts me about this person?"
- Own the quality: Replace "They are..." with "I am..." or "Part of me is..."
- Find your version: Look for how this trait shows up in your own life, even in small ways
- Practice self-compassion: Remember that all humans have these qualities - you're not broken or bad
- Integrate gradually: Start accepting this part of yourself rather than pushing it away
- Use the energy: Transform the rejected quality into a positive resource for your life
- Dialogue with the part: Ask "What gift are you trying to bring me?" or "What do you need from me?"
- Take conscious action: Choose when and how to express this reclaimed aspect appropriately





**Interview with
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Part Two**

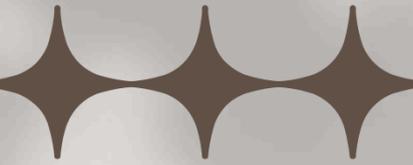
The Gold in The Shadow



The Gold in The Shadow

- Look for intense admiration: People you put on pedestals often reflect your own unrealized potential
- Notice what you deny about yourself: "I'm not creative/confident/assertive" may hide golden qualities waiting to emerge
- Explore your childhood dreams: What you wanted to be before the world told you who you should be
- Examine your criticisms: What you judge harshly in others often reveals your own suppressed gifts
- Pay attention to compliments you deflect: Qualities others see that you can't accept about yourself
- Identify your "forbidden" traits: Characteristics you've been taught are wrong or inappropriate for you
- Notice recurring themes in your life: Patterns that keep showing up may be your shadow trying to be seen
- Ask trusted friends: What positive qualities do they see in you that you dismiss or minimize?

The Mask Exercise



**Choose two masks which
embody each shadow &
reflect what comes up**



Your Shadow Work Journey Continues...

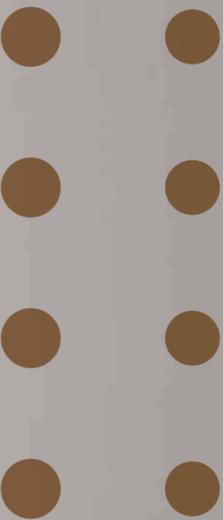
- Daily practice: Set aside 5 minutes each day to notice your reactions to others
- Shadow journaling: Write about what triggered you today and what it might reveal
- Monthly check-ins: Review which patterns keep showing up in your life
- Find support: Consider working with a therapist or joining a shadow work group
- Be patient: Integration is a lifelong process, not a weekend workshop
- Stay curious: Approach your shadow with compassion, not judgment

Summary

Reflective Questions

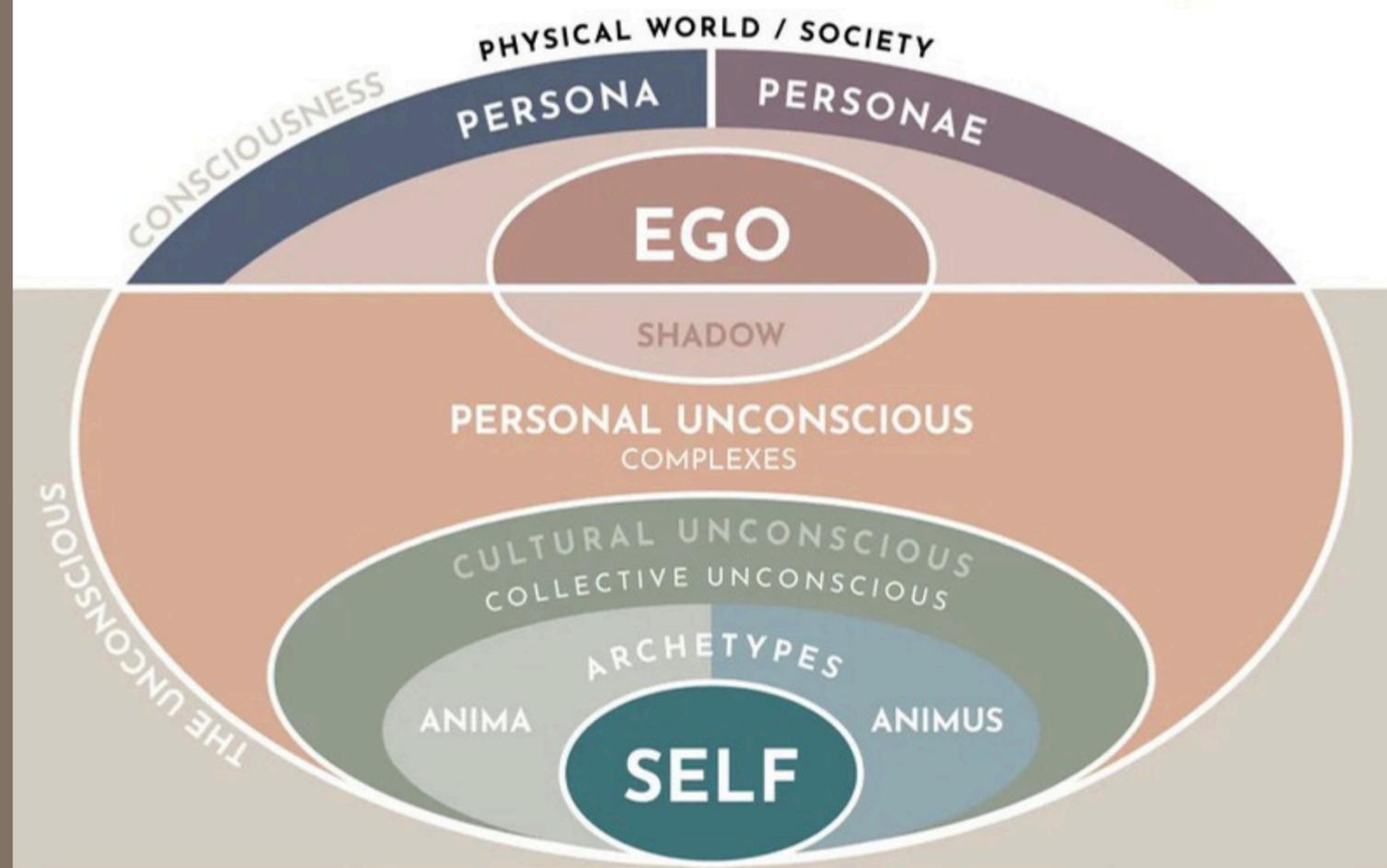
Before You Leave, Ask Yourself:

- What shadow aspect did you discover today that surprised you?
- Which golden quality are you ready to reclaim?
- What one small step will you take this week to integrate this work?
- How might embracing your shadow change your relationships?



Jung's Model of the Psyche

THE PATHFINDER COACH



THE FOUR QUARTER MODEL

Sovereign

Motivation, Leadership, Blessing
Gateway Emotion: Joy
Element: Fire
Deep Wound: "I'm not good enough"

Magician

Guidance, Visioning, Detachment
Gateway Emotion: Fear
Element: Air
Deep Wound: "I'm bad"

Lover

Connection, Feeling, Sensuality
Gateway Emotion: Sadness
Element: Water
Deep Wound: "I don't love right"

Warrior

Accomplishment, Boundaries, Protection
Gateway Emotion: Anger
Element: Earth
Deep Wound: "I don't exist"