



# *SHADOW SELF*

# *WORKBOOK*

A Short Guide to Self-Discovery  
and Integration

JOANNE

# *Welcome!*



I'm Joanne, a holistic therapist, astrologer, and relationships coach. Welcome to this concise journey of self-discovery.

Many grapple with internal conflicts, leading to personal and interpersonal issues, often unaware that these stem from the unacknowledged parts of ourselves.

This internal dissonance disrupts our peace, creates relationship patterns, and often leaves us feeling 'stuck' or at war within, without fully understanding why.

This workbook is your guide to navigating these hidden realms.

Through succinct, targeted exercises, you'll unveil, understand, and integrate these aspects, paving the way for personal growth, harmonious relationships, and a profound sense of inner peace.

*Joanne Lara*

# *Introduction*

We're spiritual beings on a human journey, presenting two sides of ourselves. One, the ego, faces the world. The other, the shadow, stays hidden, often even from us. It emerges during extreme emotions or behavior that society deems "crazy."

Our shadows are parts of us deemed unacceptable—traits we've hidden to be loved and accepted. This repression was survival but came at a cost. These ignored pieces of us grow, demanding recognition, influencing our actions especially in moments of weakness. Unchecked, they become our adversaries.

I created this Shadow Self Workbook to help you explore these hidden corners. It's a tool to understand parts of you that you've never met, with questions and exercises designed for self-discovery.

Remember, shadow work digs deep and can be tough. It should be approached with self-love. If it gets overwhelming, focus on self-love exercises or stop and care for yourself. This journey should be about growth, not discomfort.

Feel free to print this workbook or use a journal. Revisiting your entries can show your progress and new revelations. Keep it private, away from judgmental eyes.

Embarking on this journey is brave. It's a commitment to face your hidden self with compassion, a testament to self-love.

Your courage to embrace all of you not only benefits you but also sends waves of change into the world, affecting others in ways you might not see.

Be proud of taking this step. It's a gift to yourself and those around you.

I hope this workbook brings you profound understanding and lights up the hidden parts of your soul.

With love,

A handwritten signature in black ink that reads "Joanne Lara". The script is fluid and cursive, with the first letters of "Joanne" and "Lara" being significantly larger and more decorative than the rest of the letters.

# *01 - The Invisible Barrier*

It's unsettling when you sit down to work on something meaningful, and an invisible force seems to hold you back.

This internal friction is a silent dream-killer, making simple tasks feel like moving mountains.

Reflect on a moment when this force seemed insurmountable and describe it in detail.

How did it manifest, and what were the emotions it stirred within you?

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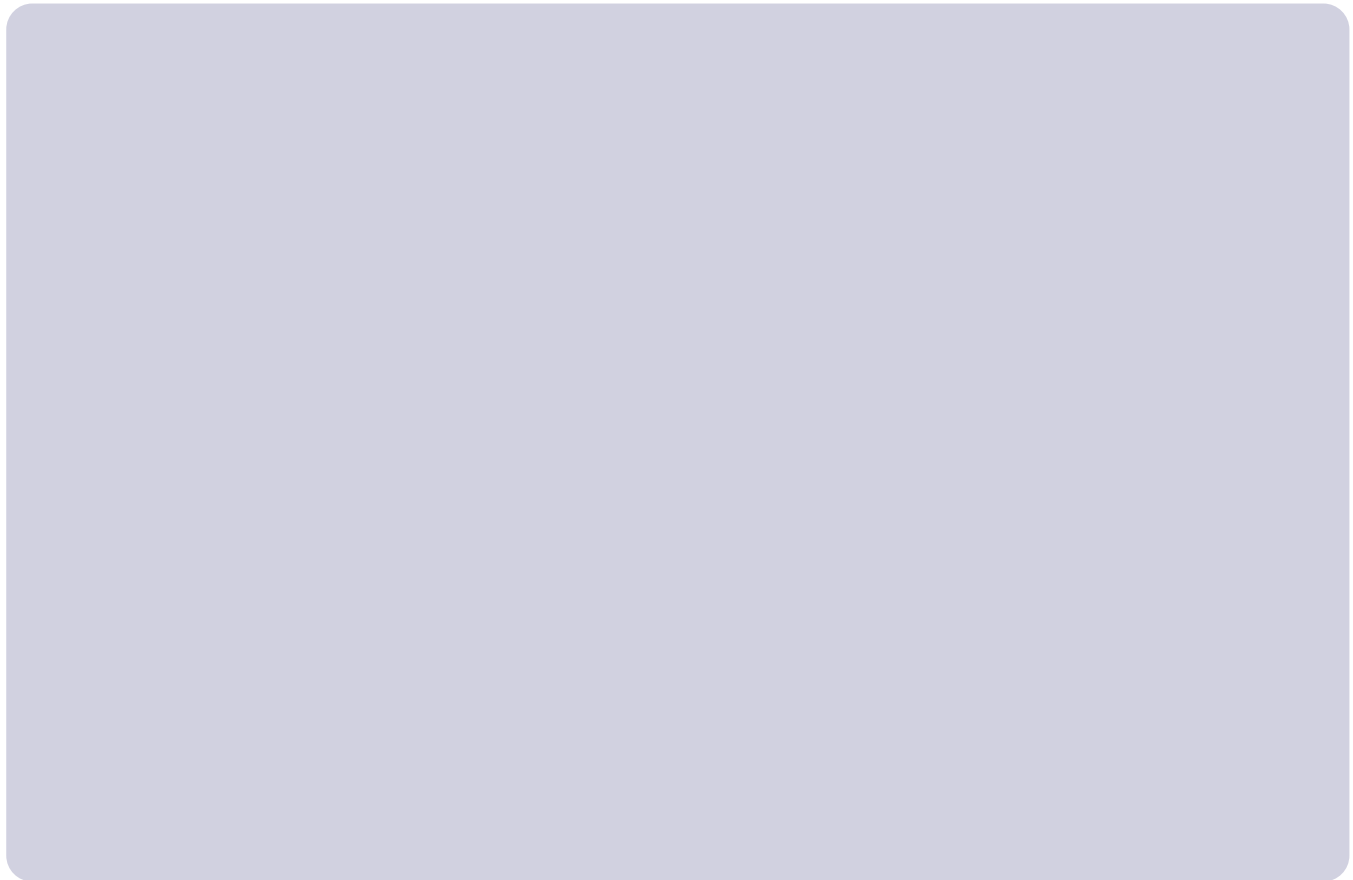
# *02 - Passion's Commitment*

We often don't take our hobbies as seriously as our regular jobs.

This way of thinking can make us pay less attention to the things we love to do.

What if you treated your creative activities as importantly as your day job?

How would this new way of thinking change how you do these activities and what you get from them?



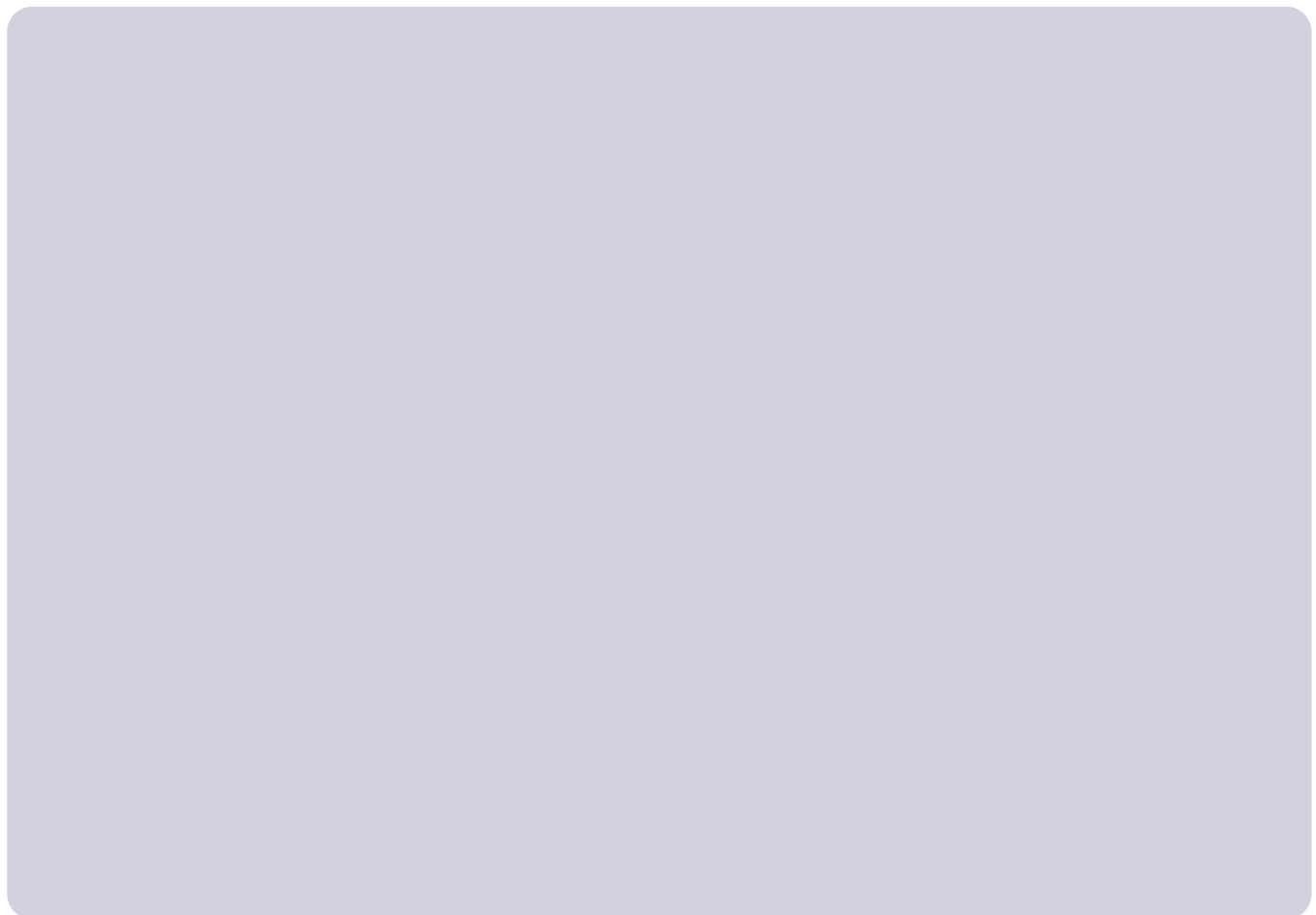
# 03 – *Shadows of Doubt*

Fear lurks in the shadows of our creativity, a stealthy predator waiting to pounce.

It whispers of failure, embarrassment, or the daunting prospect of success, paralyzing us before we even start.

Identify a fear that's holding you hostage.

What is its true face, and how might confronting it liberate your creative expression?



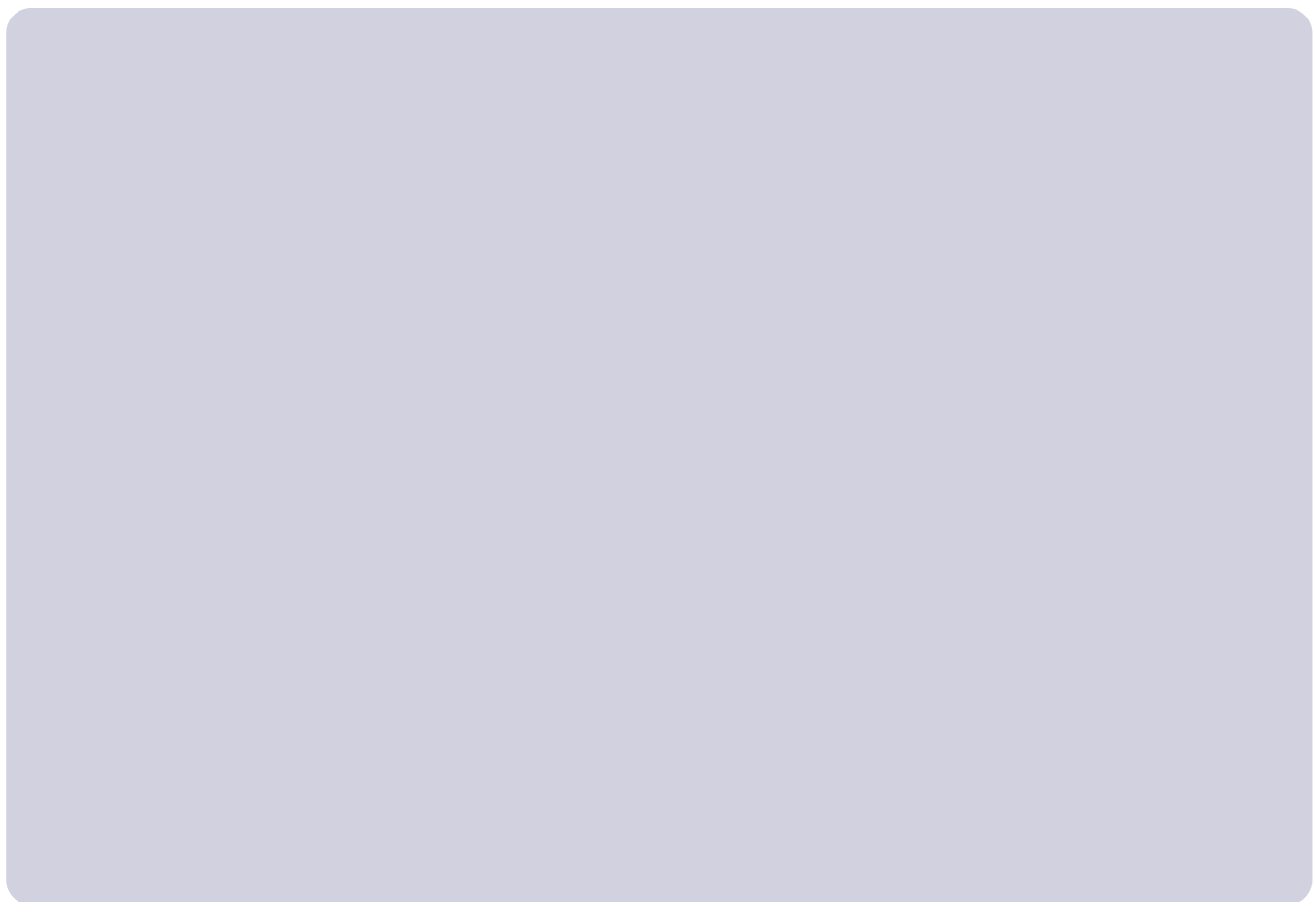
# 04 - *The Inner Betrayer*

Sometimes, the saboteur of our dreams wears a familiar face: our own.

This internal traitor whispers doubts and slanders achievements, undermining our progress.

Write about a time you recognized this traitor within.

What form did the betrayal take, and how did it feel to discover the enemy was within?





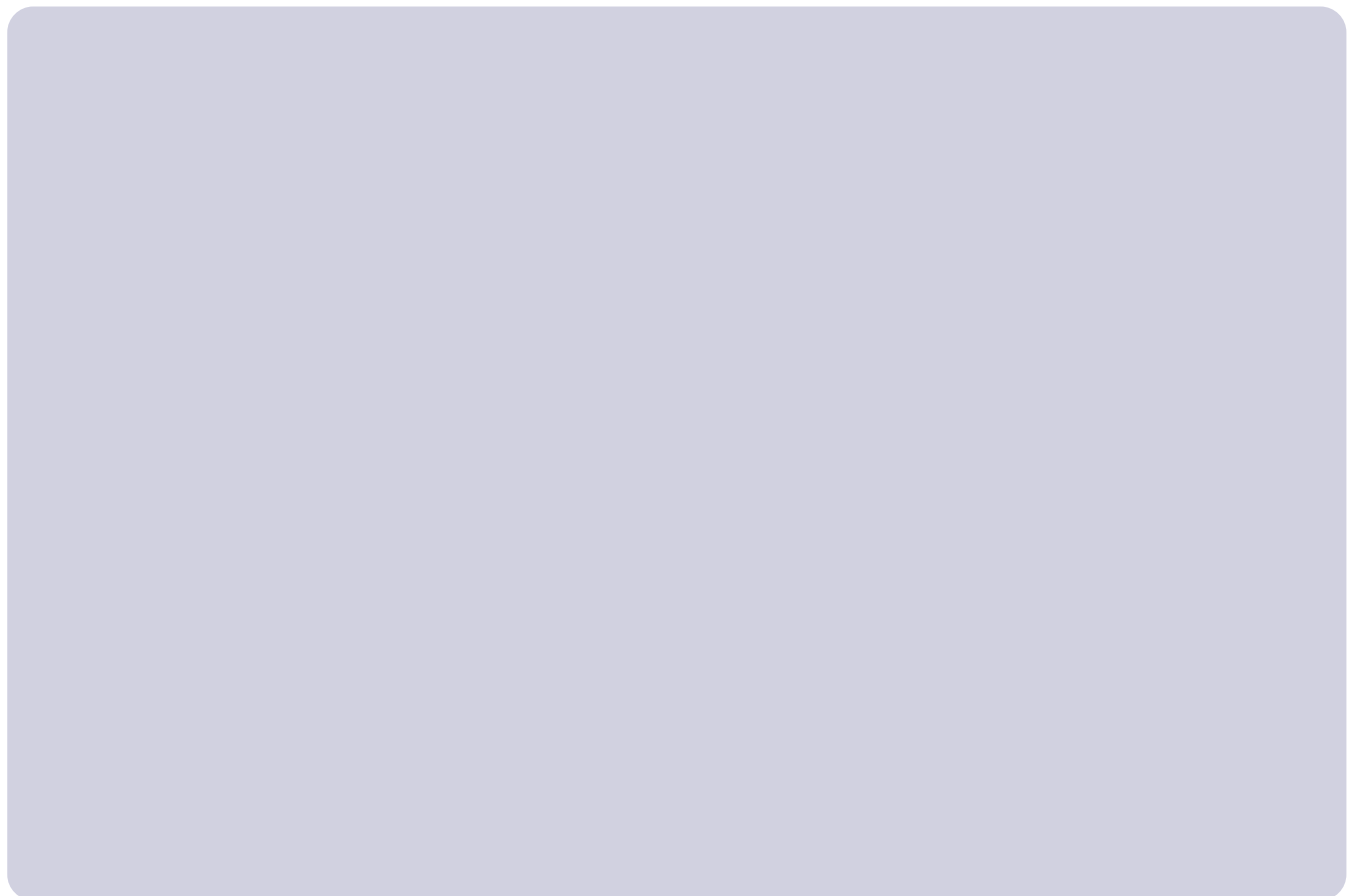
# *05 – Status Quo vs. Authentic Path*

We often get caught up in the social game, obsessing over status at the expense of our true passions.

This fixation distracts us, leaving our authentic interests neglected and starving in the shadows.

Reflect on a moment when social status overshadowed your authentic work.

How did it derail your focus and energy, and what would a growth-focused mindset look like instead?



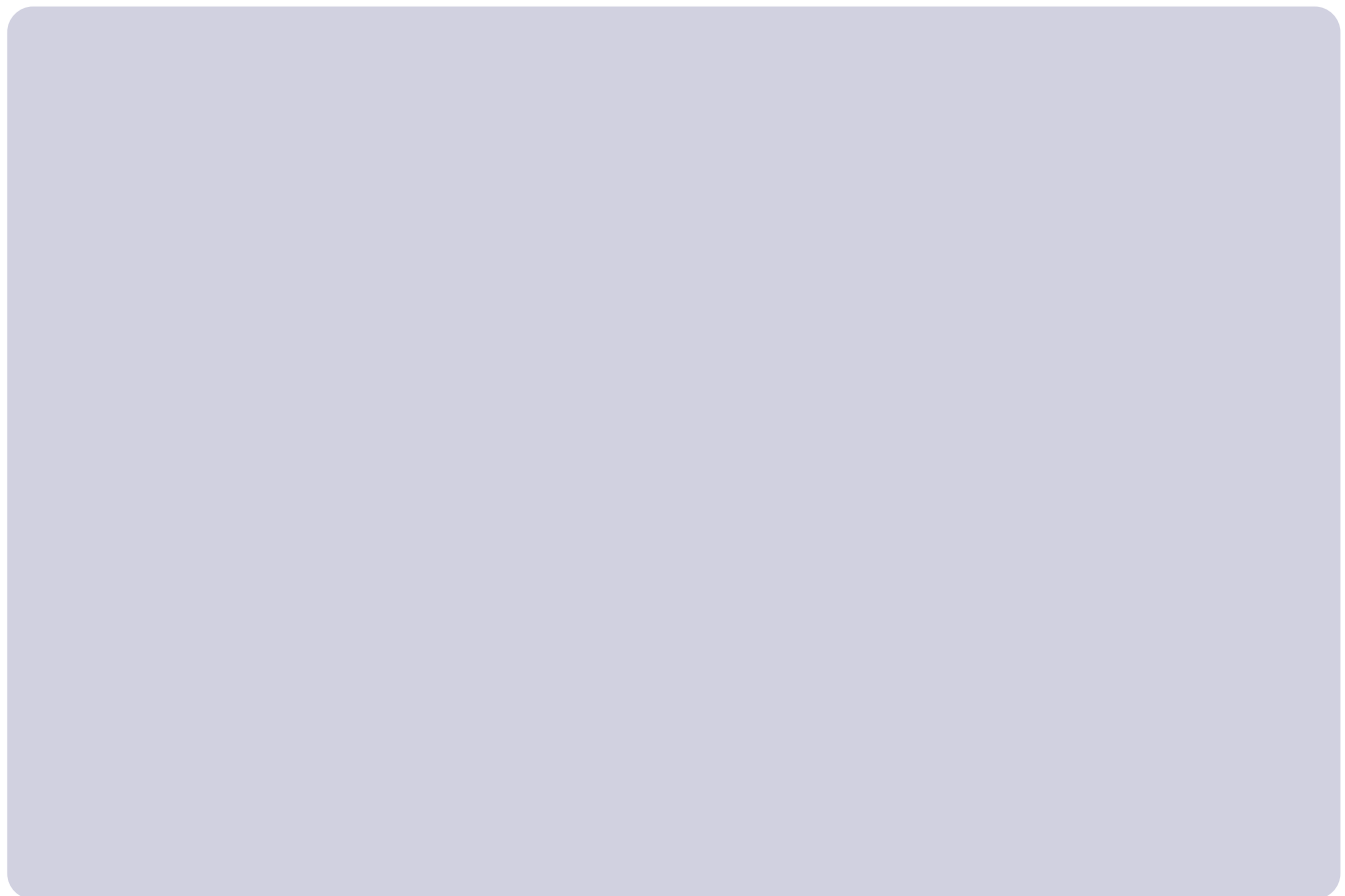
# 06 – *Dialogue with Solitude*

Solitude whispers an uncomfortable truth: it's just you and your thoughts.

In avoiding solitude, we forsake deep dialogue with our inner selves, silencing the creative spirit.

How does solitude feel for you, and what thoughts does it bring to the surface?

Explore the creative potential that lies in embracing this dialogue with the self.



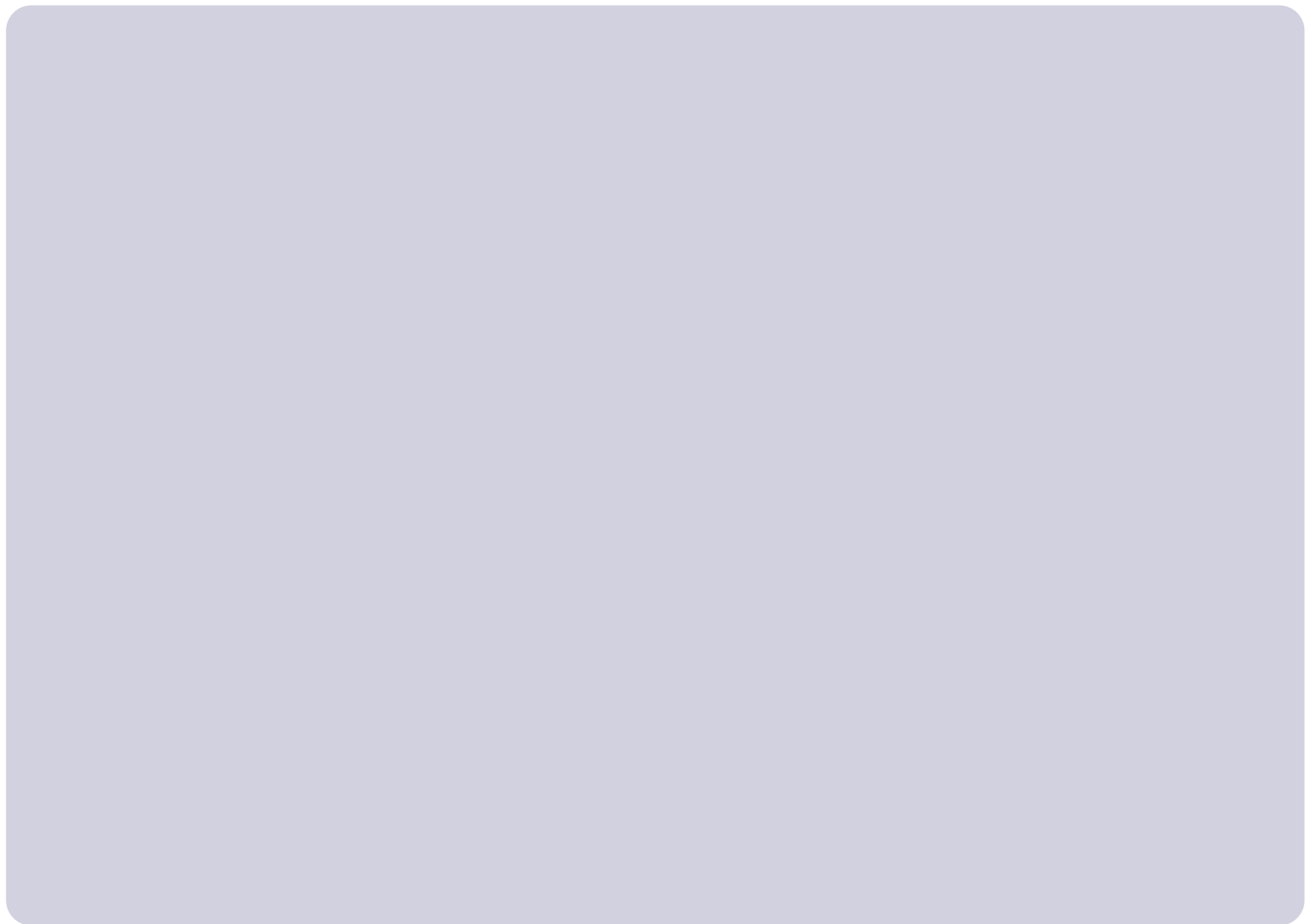
# *07 - Narrative of Disempowerment*

The role of the victim is a familiar script, blaming the world for our unfulfilled aspirations.

In this narrative, we surrender our power, letting circumstances overshadow our agency.

Recall a time you relinquished control and played the victim.

How would rewriting this script with you as the proactive hero change your life's journey?



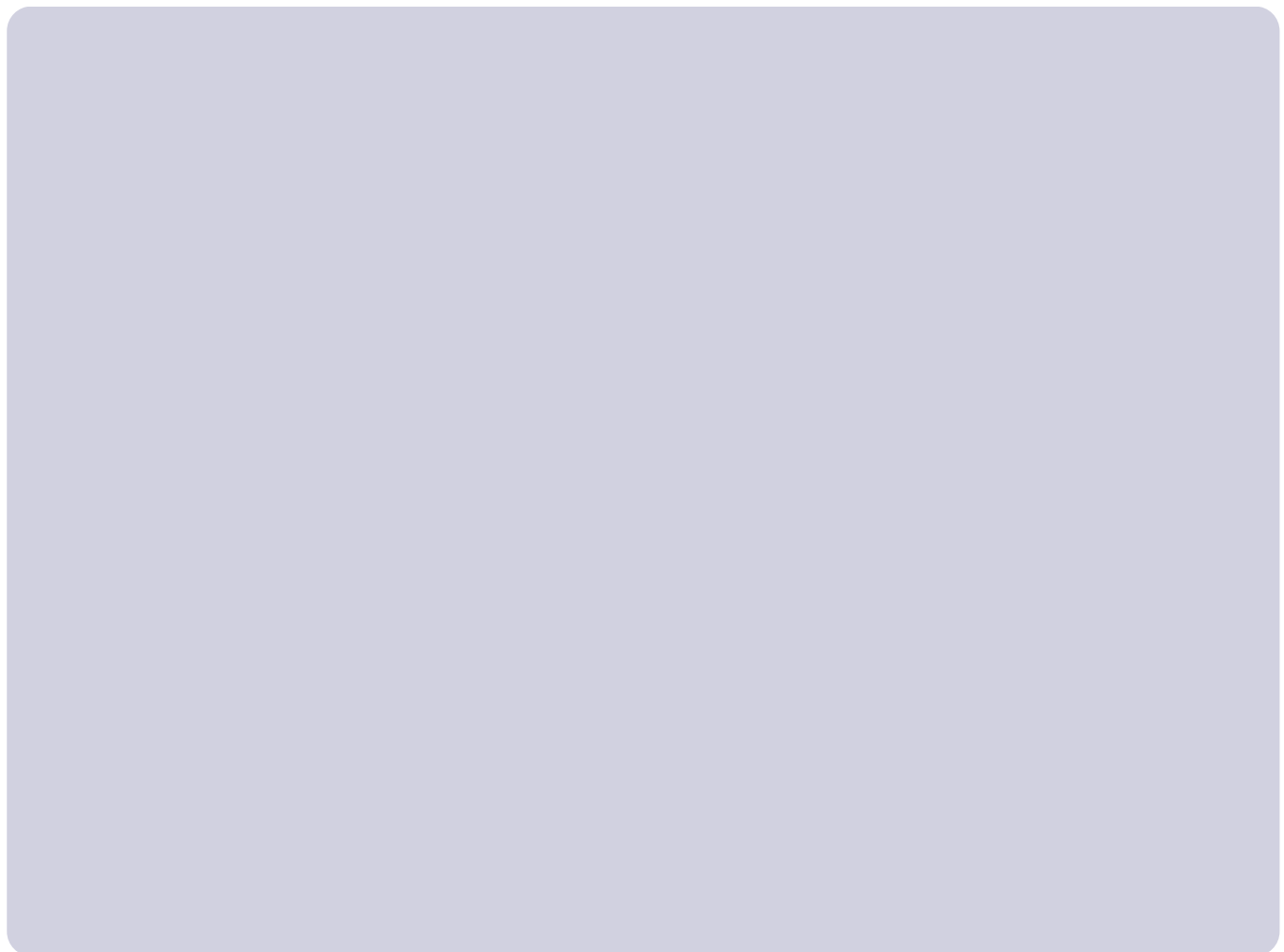
# 08 - *Rekindling the Flame*

Amidst the struggles, it's easy to become estranged from the love that sparked our journey.

This disconnection leaves our work feeling hollow, a body devoid of its soul.

Reconnect with the heartbeat of your passion.

What drew you to this work, and how does returning to this love help navigate the rough waters of Resistance?



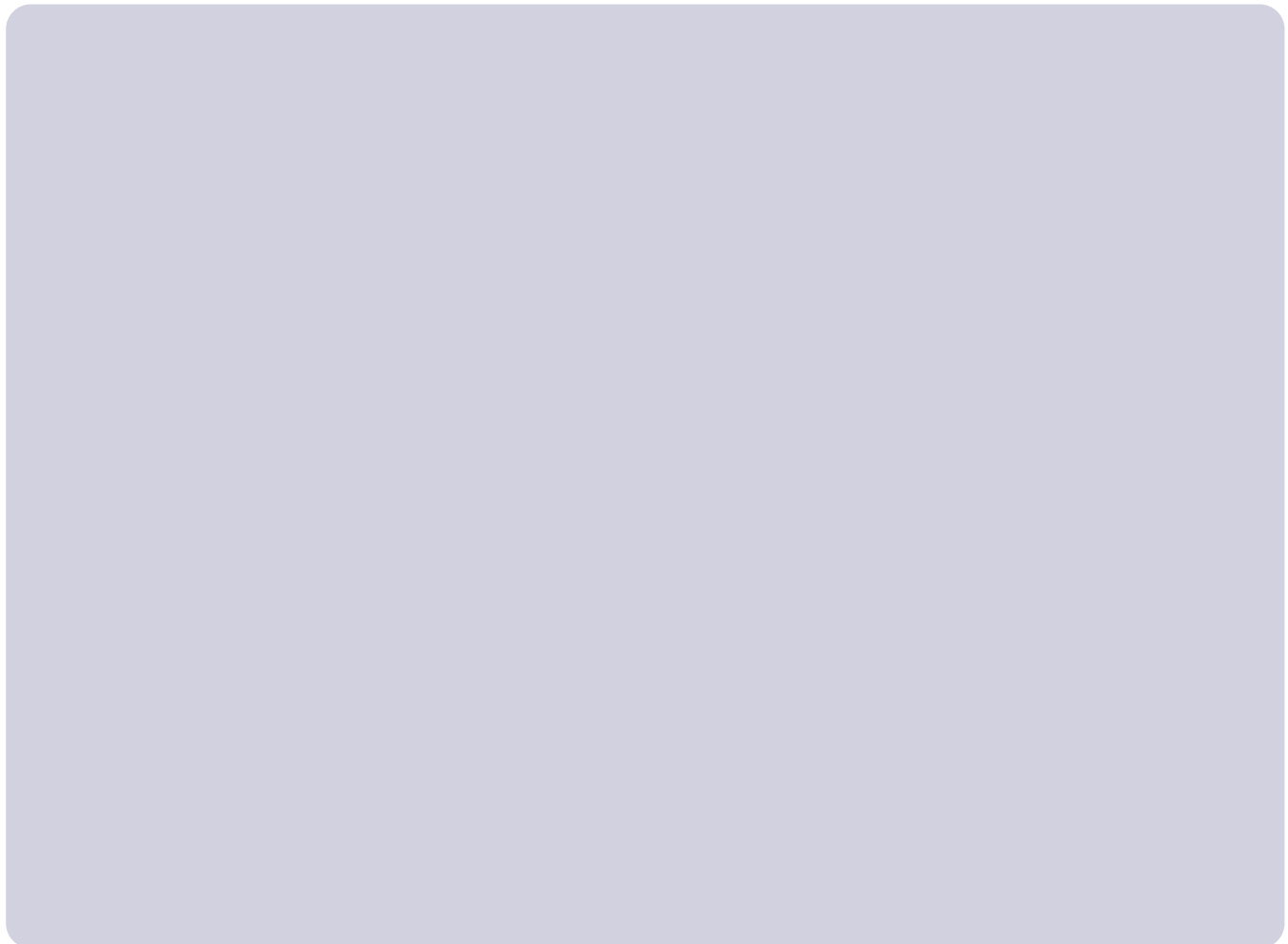
# 09 – *Chasing Inspiration*

Inspiration is a fickle guest, often visiting unannounced and leaving without notice.

In its absence, our spirit feels parched, craving the elixir of the Muse's presence.

Describe your Muse, this elusive entity.

How do you prepare your inner space (mentally and physically) to welcome its fleeting, ethereal grace?

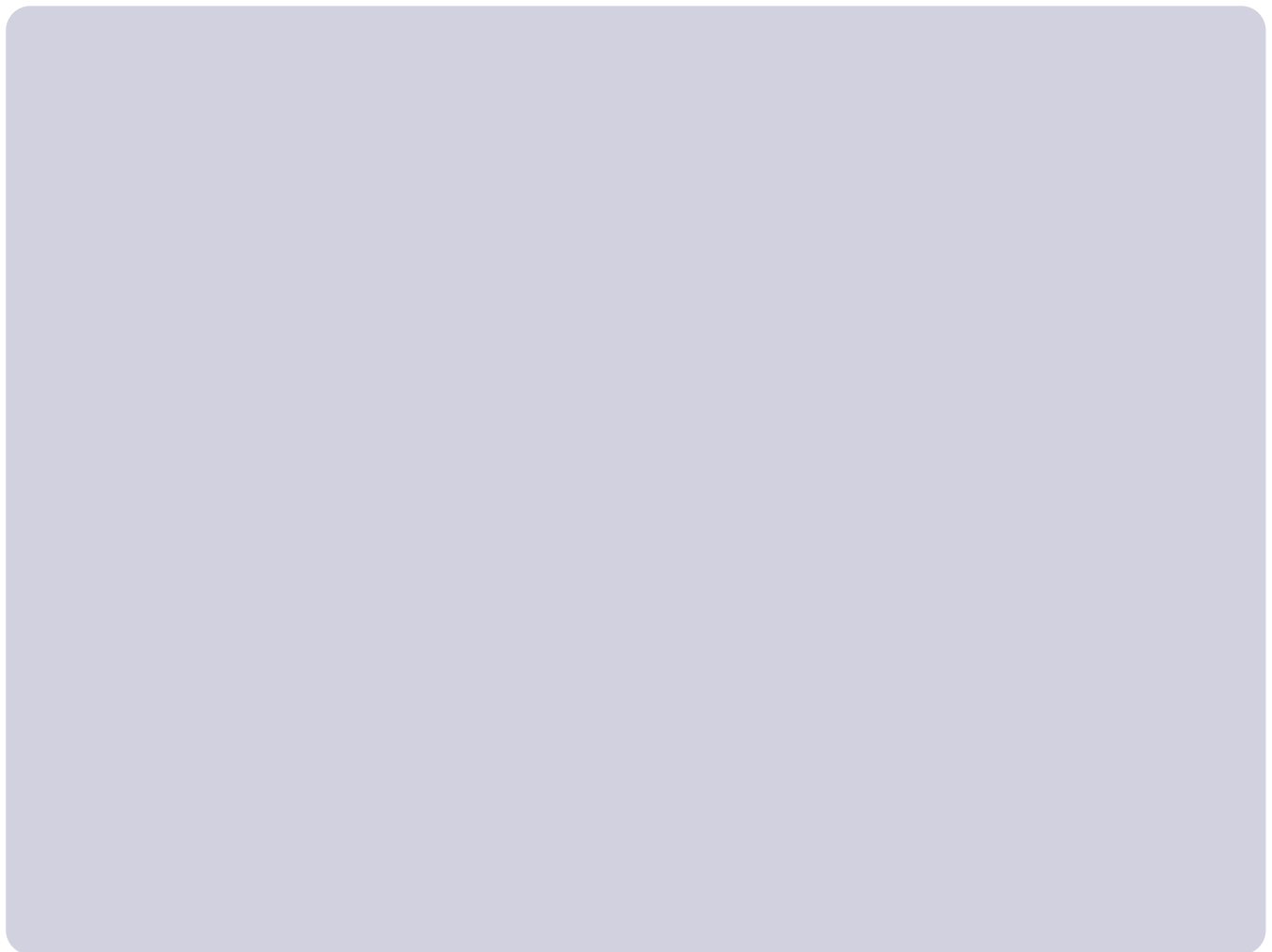


# *10 – The Realm of Restraint*

Reflect on the domains of your existence where you're tethering your potential, opting for a lesser version of yourself.

Consider instances where you feel diminished, insignificant, or stripped of power.

List these scenarios below, and beside each, delve into the reasons behind your self-imposed boundaries.



# *11 - Perceived Judgments*

Where do you feel others are judging you? Write down these points.

Now, think about how many of these judgments actually start with how you judge yourself before you even think others are doing it.

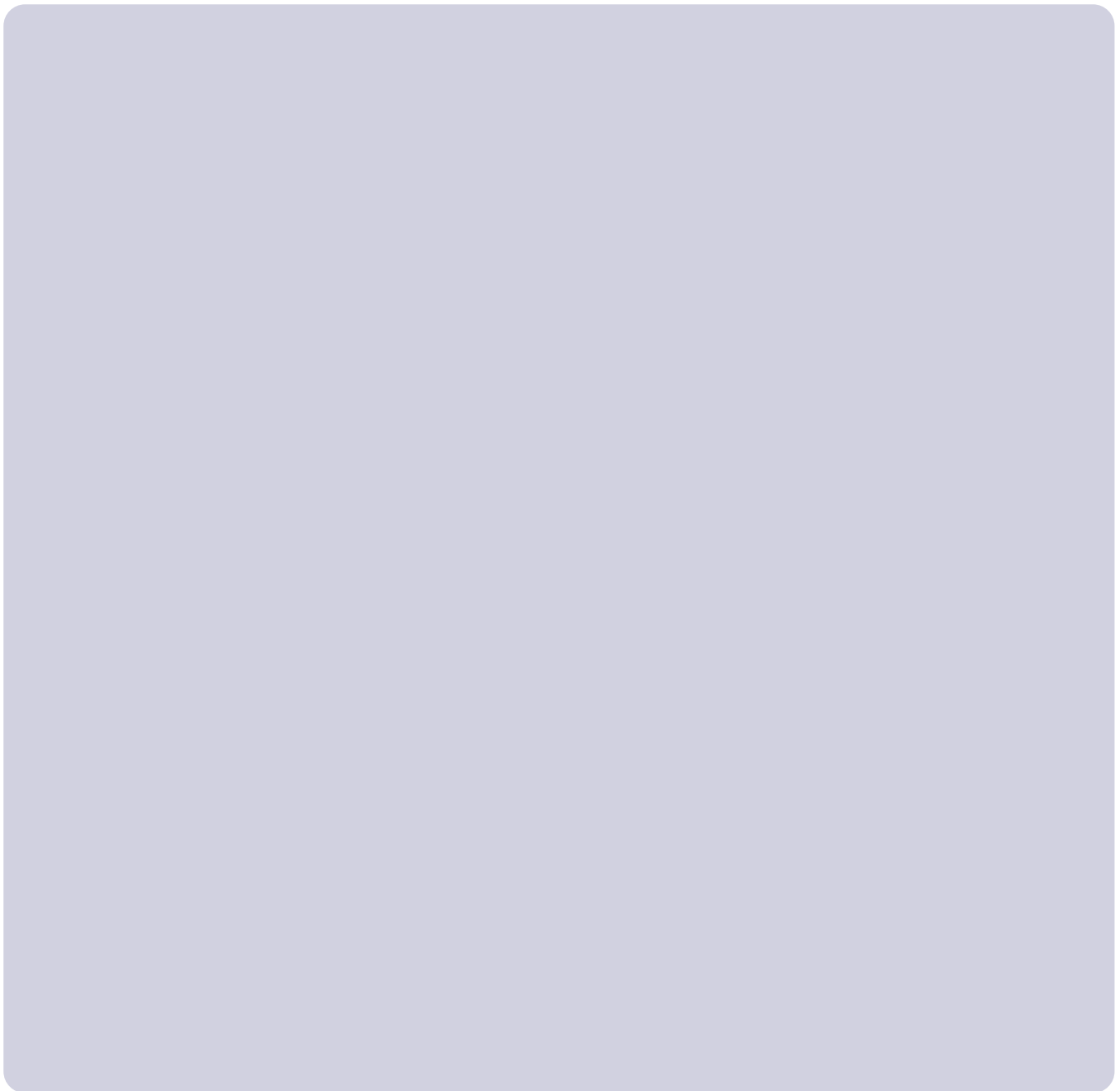




# *12 - Perspective*

What things, good or bad, have people pointed out about you that you have a hard time accepting?

Explain more about this.



# *13 - Hidden Emotions*

What emotions do you usually hide when you're with other people, and do you remember when you started hiding these feelings?

Holding back emotions often shows you might be feeling shame inside.

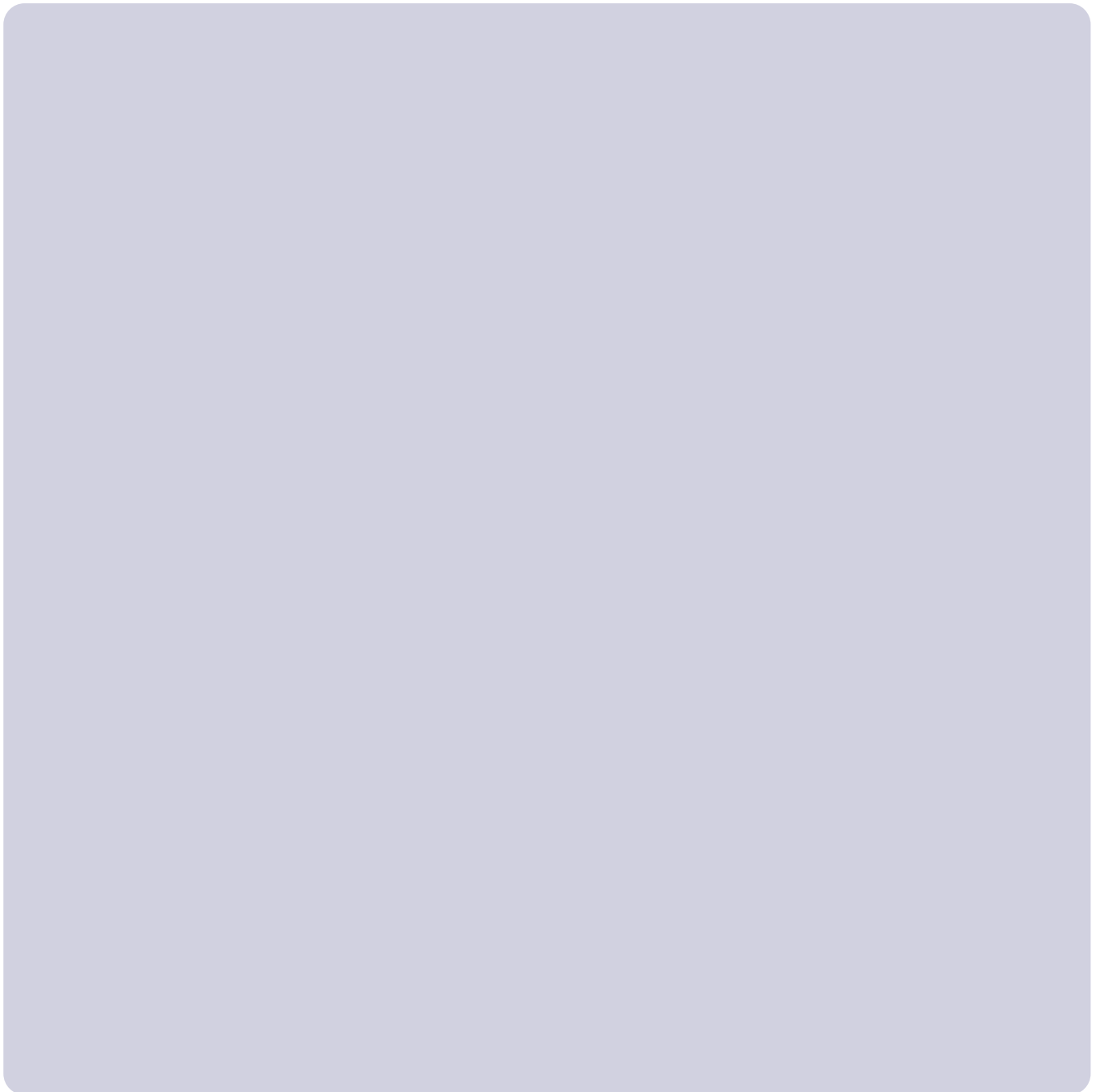
Please think about this and answer.



# *14 - Trigger Points*

What exactly makes you angry or defensive when you're with others?

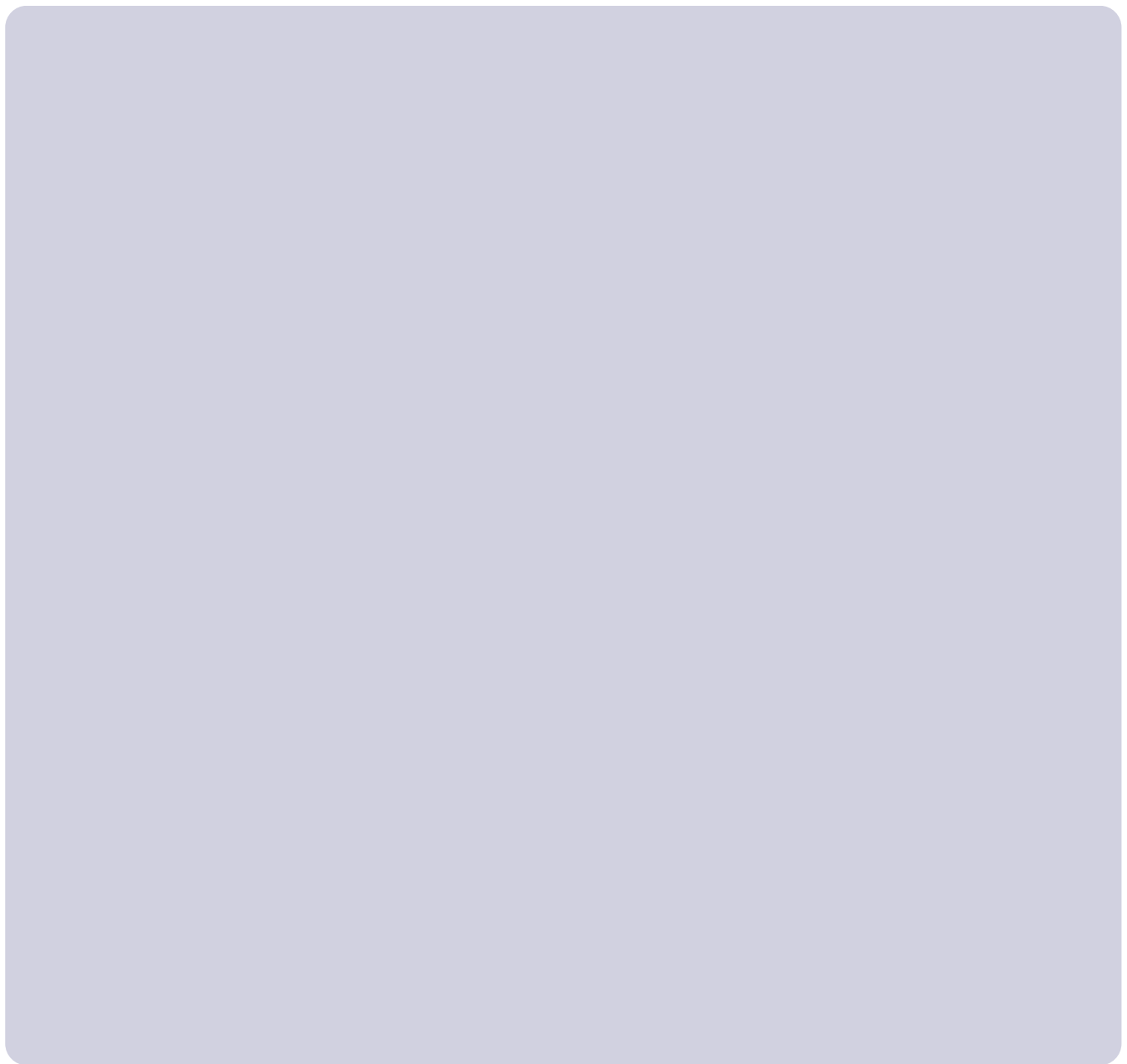
List and talk about these 'triggers.'



# *15 - Familial Ties*

What behaviors or traits in your family members bother you the most?

Think about how these things might tell you something about yourself.



# *16 - Ideological Boundaries*

Where do you expect others to agree with what you believe?

Also, think about why letting others have their own opinions in these areas makes you uncomfortable.

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# *17 - Inner Echoes of Critique*

When are you hardest on yourself?

Think about what you tell yourself during these times and write it down.

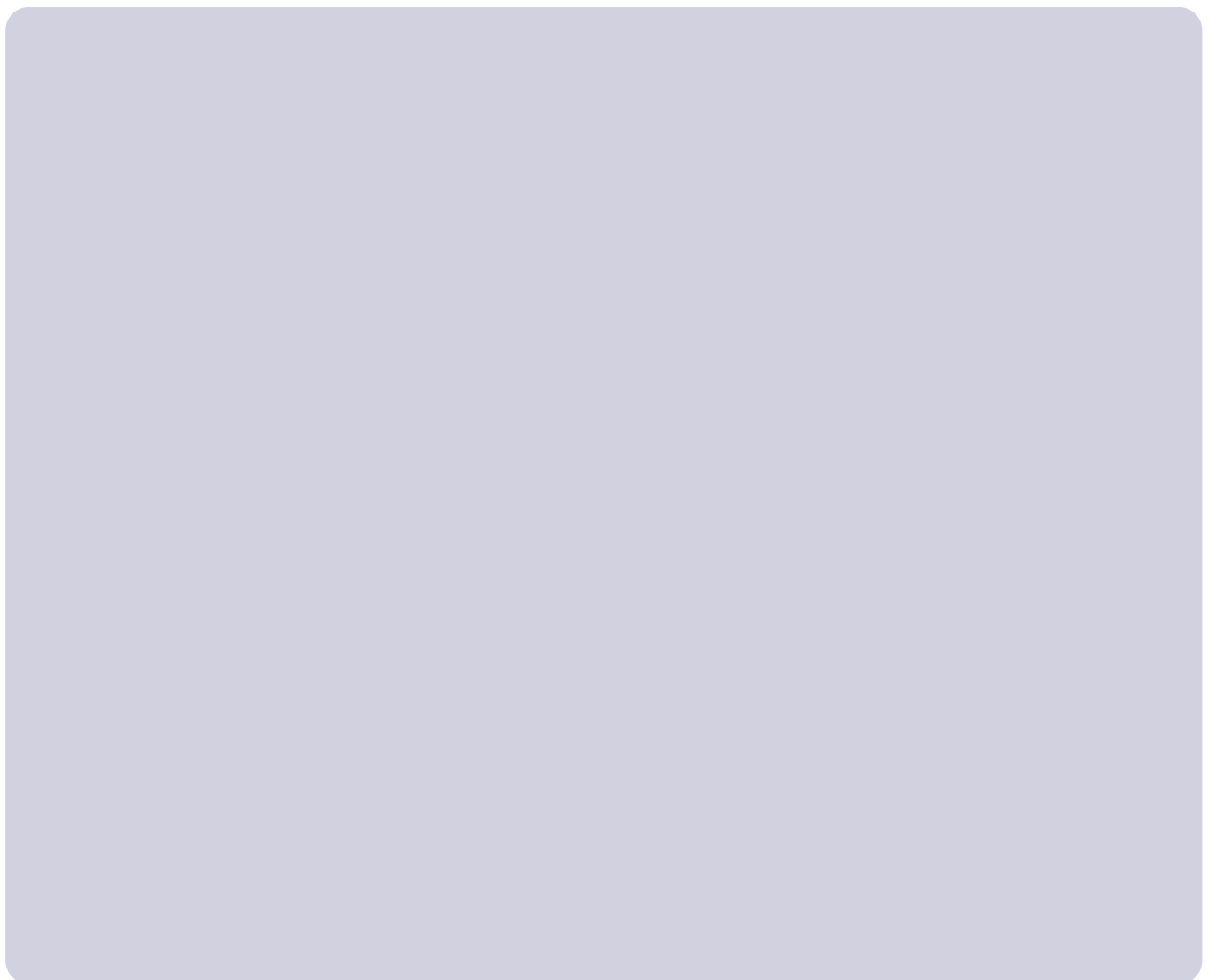


# *18 – Thankfulness*

List five aspects about yourself that ignite your love and stir gratitude within you.

Embracing gratitude is scientifically linked to bolstering happiness and overall wellness, vital elements to integrate into shadow work.

Please elaborate below.





# Thank you!



**SACRED  
JOANNE**



I'm Joanne, a holistic therapist, astrologer, and relationships coach. Welcome to this concise journey of self-discovery.

Thank You!

Your journey through this workbook is a brave step towards self-discovery and growth. Thank you for embracing this challenging but rewarding process. Your commitment to exploring your shadow self is not just a gift to your own being, but a beacon of courage and authenticity in the world.

Keep shining your light—into your shadows and beyond.

Visit my website for more content and freebies!

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*Joanne Lara*

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