

THE SHADOW WORK

MICRO WORKBOOK

TRAUMA-LITERATE GUIDE FOR NAMING
WHAT'S BEEN RUNNING YOUR LIFE FROM THE DARK



STILL SICK STILL HERE



01 — WHAT SHADOW WORK ACTUALLY IS

A grounded, accessible definition that keeps your system safe. No mysticism, just structural awareness.

07 — THE ORIGIN STORY

A gentle exploration of where your pattern began, without forcing memory. Compassionate inquiry.



02 — THE MECHANICS OF THE SHADOW

How the shadow forms, what it stores, and why it still runs your reactions.

The unconscious machinery.

08 — THE SHADOW CONTRACT

The unconscious agreement you made to stay safe — and how to rewrite it.

Breaking the outdated deal.



03 — HOW SHADOWS FORM

The environments and experiences that shape your shadow patterns.

Early imprints of suppression.

09 — THE REPAIR RITUAL

A trauma-informed ritual for meeting and integrating your shadow safely.

Healing the fragmentation.



A Grounded Guide to Understanding and Integrating Your Unconscious Patterns



04 — THE THREE SHADOW EXPRESSIONS

The Performer, The Protector, and The Fragment — your survival archetypes.

How you adapted.

10 — INTEGRATION PRACTICES

Daily and weekly micro-practices for long-term, sustainable integration.

Consistent small shifts.



05 — THE SHADOW SELF-ASSESSMENT

Guided questions and somatic cues to map your shadow architecture.

Locate the tension.

11 — EMERGENCY GROUNDING TOOLS

Quick stabilisation tools for when shadow work becomes activating.

Immediate nervous system support.



06 — IDENTIFYING YOUR CORE PATTERN

A step-by-step process to find the survival strategy that repeats.

The loop you're stuck in.

12 — CLOSING WORDS

A cinematic, compassionate anchor for your journey.

You are the container, not the contents.



SHADOW WORK EXPLAINED



Shadow work is the process of bringing awareness to the parts of you that were exiled, shamed, or ignored. It is not about fixing yourself, it is about meeting the truth.



- **Naming what has been unnamed**



- **Meeting the parts you abandoned to stay safe**



- **Reclaiming energy trapped in old survival patterns**



- **Integrating what was split off**



- **Returning to wholeness without force**

THE MECHANICS OF THE SHADOW

The shadow forms when a part of you becomes unsafe to express.

IT STORES:

- ⚙️ **Emotions** you were not allowed to feel
- ⚙️ **Needs** you were not allowed to have
- ⚙️ **Identities** you were not allowed to be
- ⚙️ **Truths** you were not allowed to speak
- ⚙️ **Energy** you had to suppress to survive



MICRO-PRACTICE:

Notice one emotion you often suppress.
Say internally: "You make sense."

SHADOWS FORM THROUGH:

- ➔ Emotional neglect
- ➔ Invalidation
- ➔ Trauma
- ➔ Family roles
- ➔ Cultural expectations
- ➔ Chronic stress
- ➔ Survival adaptations



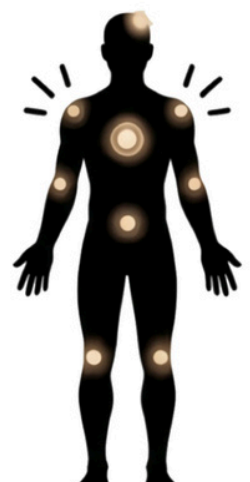
REFLECTION PROMPT:

Which of these environments shaped you the most?



SOMATIC CHECK:

Notice where your body tightens when you think about this. That tension is a doorway, not a threat.



THE PERFORMER



Adapts, pleases,
entertains,
over-functions.

➔ **CORE FEAR:
REJECTION.**

THE PROTECTOR



Withdraws,
attacks, shuts
down, isolates.

➔ **CORE FEAR:
VULNERABILITY.**

THE FRAGMENT



Dissociates,
disappears,
numbs out.

➔ **CORE FEAR:
OVERWHELM.**

**WHICH ONE SHOWS UP
WHEN YOU FEEL
CRITICISED, MISUNDERSTOOD,
ABANDONED, OR UNSEEN?**

ANSWER HONESTLY. NO JUDGEMENT.



- What behaviours do you hide?



- What emotions feel unsafe?



- What do you overcompensate for?



- What do you avoid?



- What triggers collapse, shutdown, or rage?



- What do you fear people would do if they saw the real you?



SOMATIC PROMPT:

As you answer, notice your breath, jaw, shoulders, stomach, and throat. Your body reveals the shadow before your mind does.

YOUR SHADOW PATTERN BEGAN SOMEWHERE.



- What was happening in your life when this strategy first appeared?



- Who taught you this part was unsafe?



- What did you lose if you did not use this strategy?



- What did you gain by using it?



SAFETY NOTE:

**You do not need to remember everything.
Your body remembers enough.**

LOOK AT YOUR ANSWERS. FIND THE BEHAVIOUR THAT REPEATS ACROSS SITUATIONS.



- I disappear when conflict appears.



- I perform to avoid rejection.



- I shut down when misunderstood.



- I attack when powerless.



- I over-give to feel worthy.

**WRITE YOUR PATTERN IN ONE SENTENCE
BEGINNING WITH:
“WHEN I FEEL UNSAFE, I TEND TO...”**

EVERY SHADOW HAS A CONTRACT, AN UNCONSCIOUS AGREEMENT TO STAY SAFE.



EXAMPLES:



- If I stay small, I will not be punished.



- If I perform, I will be loved.



- If I disappear, I will not be a burden.



- If I stay angry, no one can hurt me.



- If I stay numb, I will not feel abandoned.



WRITE YOUR CONTRACT:

“To stay safe, I learned to...” _____

A GENTLE, TRAUMA-INFORMED RITUAL.



01 NAME THE SHADOW.

“I see the part of me that learned to survive by...”



02 VALIDATE IT.

“You kept me safe. You did your job.”



03 OFFER A NEW ROLE.

“You do not have to carry this alone anymore.”



04 RECLAIM ENERGY.

Visualise the part returning to your centre.



05 ANCHOR.

Place your hand on your chest. Breathe slowly. Feel your weight.

USE THESE WHEN OVERWHELMED.



01 - The 5-3-1 Reset



Name 5 things you see, 3 things you feel, 1 thing you hear.



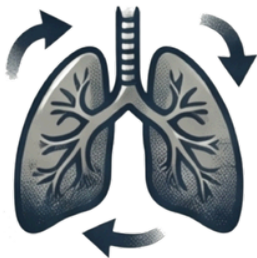
02 - The Weight Drop

Press your feet into the floor for 10 seconds.



03 - The Temperature Shift

Hold something cold or splash cool water.



04 - The Breath Anchor

Inhale 4, Hold 2, Exhale 6.



05 - The Name-It Technique

Say: "I am overwhelmed, and I am safe enough right now."

USE THESE DAILY OR WEEKLY.



01 - Micro-truth.

Speak one small truth you usually hide.



02 - Micro-boundary.

Say no to something tiny.



03 - Micro-expression.

Let yourself feel 2 percent more of an emotion.



04 - Micro-repair.

Apologise to yourself for abandoning a need.



05 - Micro-containmentment.

Place both hands on your body and breathe.

Integration is built through repetition, not intensity.

**YOU ARE NOT MEETING
A MONSTER. YOU ARE
MEETING A SURVIVOR**



**Shadow work is not about
becoming someone new.**



**It is about remembering
who you were before
you had to split.**



**YOU ARE ALLOWED TO
RETURN TO YOURSELF.**