Inner Alchemy Reflection Sheet

7 Shadow Work Questions For Love, Money and Life Purpose

- [ ] What repeating patterns or situation keeps showing up in my life right now (in love, money, work, or how I treat myself?
- [ ] In this pattern, what role do I usually end up playing (rescuer, caretaker, avoider, controller, child, victim, perfectionist, etc.?
- [ ] Where in my past do I remember feeling something similar-same emotion, same role, or same kind of dynamic?
- [ ] What did I learn back then about what I had to be or do to stay safe, loved accepted, or in control?
- [ ] If this pattern could speak honestly, what message or belief would it be repeating to me about myself or the world?
- [ ] Example: You're not enough. You will be abandoned, You must do everything alone.
- [ ] What is one small, different choice I could make next time this pattern appears something that honors my needs and moves me closer to wo I want to become?