



# *Advanced Depth*

## **Hyper-Hypo-Aligned Shadow Exercise**

1. What's the place they go to the most? (Hyper or Hypo) Start there.
2. Ask them to walk to the side of the spectrum of the place they go the most
3. Ask what are the things that happen in this place.
4. Close your eyes. Feel into your body. How does the place feel in your body?
5. What's the mantra? What's the recording that you're telling yourself?
6. Invite them to shake it off and walk to the other extreme.
7. Ask what are things that happen in this place.
8. Close your eyes. Feel into your body. How does this place feel in your body?
9. What's the mantra of this one?
10. Ask them to shake it off and then to intentionally walk to the healthy space in the middle.
11. Body first here. Close your eyes. How does this place feel?
12. What is the body position or movement of this place?
13. What is this one's mantra? What's the wisdom of this place?