



Advanced Depth

Lean Into the Shadow Exercise

- First have a short convo with your partner – ask them to very briefly describe the Shadow they are leaning into and what it's about.
- Invite client to step into the energy of the very exaggerated Shadow (but in a lighthearted, almost caricature way) – hyper or hypo; the one that is NOT their usual MO or hangout place. Invite your client to find where in the room this energy would be - sitting, standing, lying down, etc.
- Invite your client to step into the energy or role WITHOUT SHAME OR JUDGMENT OF IT. Feel how this one feels in their body. Feel the expression that this one has on their face. BE PROUD AND FULLY IN THIS PART OF YOURSELF.
- Ask Client: What part of [client's name] are you?
- Ask Client: Tell me more about you (remind client to speak from the voice of the role/energy)
 - Invite them to exaggerate it even more. Be power hungry. Or totally lazy. Or self-centered. Or Angry.
 - Ask: What do you deeply desire?
 - Ask: What is the thing about you that [client name] is most ashamed of?
 - Ask: What do you really love about yourself?
 - Ask: What do you want [client] to know? What message do you have for her?
 - Ask: How can she better use your energy in her life?
- Invite client to Stand up into body movement expression
 - Coach: mirror this expression
 - Speak a word or phrase too
 - Coach: repeat word
- And then partner reflections