



Advanced Depth

Cheat Sheet for Working 1:1 with Shadow

1. How to know Shadow is playing a role

- a. Hyper and Suppressed ping-ponging
- b. Energy comes over them that is almost compulsive that they can't really control
- c. They project their judgement of themselves into feeling others are judging them
- d. They have extreme pet peeves or annoyances in others
- e. You perceive there is shame
- f. You the coach "play" into the Shadow

2. EASY Work with Shadow

- a. Simply: It sounds like it's time to reclaim your X (ex: anger)

3. Create Awareness

- a. Briefly explain the Shadow to your client (don't need to use "Shadow" language; for example "unseen areas")
- b. Reflecting Hard Truths
- c. Acknowledging/Honoring What Is
- d. What I'm Hearing Is...Am I getting that right?



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4. Identify the Shadow that is at play (name it)

- a. Who don't you want to be in this situation?
- b. What is the energy you fear or are ashamed of here?
- c. What do you dislike most about yourself in this situation?
- d. What part of you is lurking behind the scenes here and causing trouble?
- e. What can't you stand about X person?

5. Normalize – Start to Make Shadow More Acceptable

- a. It's totally normal/common
- b. Tell personal story or anecdote
- c. Point to culture at large
- d. Archetypal story like Kali, Hera, Lilith

6. Identify WHY it's in Shadow (Sacred Contract)

- a. Why are you ashamed of this part of yourself?
- b. Why have you rejected this part of yourself?
- c. What made you decide that this part of yourself is unacceptable?
- d. Who is this part modelled on and why did you contract to not be like this person?
- e. How old are you when this shadow energy takes over you?
- f. BYF Process



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7. Identify where else this Shadow shows up in your life

- a. Where else is this showing up in your life?
- b. How else is this impacting you?

8. What is the Gold and Strength of Your Shadow

- a. Identify Higher and Lower Level Energies of the Shadow or the Archetype
- b. What is the hidden potential?
- c. What is the unrealized superpower?

9. Love on Shadow/Own & Accept/Integrate Energy by Leaning In

- a. ***This requires YOU as the practitioner to be incredibly loving, compassionate and non-judgmental****
 - i. Importance of not tying things up in a neat bow: deep work works on you through & through
 - ii. Concept: body memory
 - iii. Concept: VOLDEMORT
 - iv. Concept: the more you become aware, the more choice you have
 - v. Concept: being lovingly held and seen for imperfections (“I love your Selfish One”)
 - vi. Commit and Re-Commit and Re-Commit and Re-Commit



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- b.
- c. NAME it. "There is a part of me THAT...."
- d. Hyper-Hypo Exercise
- e. Befriend Your Fear
- f. Choose Your Own Shadow Journey Visualization
- g. Inner Voice Dialogue
- h. Go on an Embodied Shadow Walk
- i. Shadow Dance/Authentic Movement
- j. Make a collage of it
- k. Conversation with Shadow Self
- l. For clients that are not yet ready for more explicit embodiment work:
 - i. What would this part of you love to do?
 - ii. If you were in control of this part of you, what would you take pleasure in?
 - iii. What does this part of you want to do? Say?
- m. Archetypal Story

10. Take Action from the New Energetic Place (or Cognitive Understanding)

- a. What is the next action you want to take from this place?
- b. Purposefully moving into Selfish One.
- c. What would your Boundary Priestess do?
- d. What is the action you'd take here from hypo? What is the action you'd take here from hyper? What is the action you'd take here from Aligned?