

Questions to Myself to start Shadow Work



What are your triggers and the cause of them?

Do you have any grudges? If so, what is holding you back from letting go?

What do you dislike about yourself?

**What was your childhood like?
Do you have any specific memories?**

**Do you lie to others and yourself?
What are you wanting to avoid?**

What emotions do you not show or avoid?

**Are you misunderstood?
What misconceptions do people have of you?**

**Are you your authentic self around people?
What is the reason for wearing your mask?**

Do you attract the same type of relationships?

Do you have any unhealthy attachments or habits?