



SHADOW WORK TRIGGER WORKSHEET

"What You Judge, You Hold"

Step 1: Identify the Trigger

Think of a recent situation where someone really bothered you. If nothing comes to mind, think of a type of person who always seems to annoy, frustrate, or trigger you.

✍ Write it down: Who or what triggered you? What did they do?

Step 2: What's the Judgement?

Write down 3 examples you would use to describe this person right now. Be brutally honest. We know that everybody has positive and negative qualities just focus on what is bothering you..

What do you judge them for?

📌 Examples:

- "They're so selfish, need attention, and can't handle pressure!"

✍ Write your judgment here:

Step 3: Flip the Mirror

Ask yourself: Have I ever been this way? Even a little bit? Even if you don't act that way outwardly, is this something you suppress, avoid, or fear in yourself?

📌 Examples:

- If you judge someone as selfish, have you ever been selfish? Or do you suppress your own needs because you're afraid of being seen that way?
- If you judge someone as weak, is there a part of you that's afraid of showing weakness?

📝 Write down your honest response:

Step 4: The Shadow Projection

Your strongest judgments often point to something you've rejected or suppressed in yourself.

- What if this trait wasn't "bad," but just an unintegrated part of you?
- How does this shadow influence your choices, relationships, or how you see yourself?

📝 Write it down: What is this trigger revealing about YOU?

Step 5: Reclaiming the Shadow

Now, rewrite your judgment without shame and with understanding.

- Instead of "I hate people who seek attention," write: "Part of me craves attention, and that's okay. I don't have to reject it."
- Instead of "They're weak," write: "I have moments of vulnerability too, and that doesn't
- make me weak."

✍️ Write your own shadow reclaiming statement:

💡 What You Just Did

You uncovered a hidden part of yourself that you may have rejected or projected onto others. This is your shadow.

The shadow is not "bad"—it's just unseen. When you integrate it, you stop being run by it. You stop feeling triggered and reactive. Instead, you understand and embody wholeness.

🔥 Want to Go Deeper?

This is the first step in Embodying Your Purpose. If this worksheet hit something real for you, my coaching helps you move through and integrate these deeper patterns.

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