



INNERSPACE CAMP JOURNAL PROMPTS

PORTAL SIX:
INTEGRATE YOUR SHADOW

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"Do the fucking work."

Carl Jung said: "Knowing your own darkness is the best method for dealing with the darkness of others."

He stated the shadow to be the unknown dark side of the personality. According to Jung, the shadow, in being instinctive and irrational, is prone to psychological projection, in which a perceived personal inferiority is recognized as a perceived moral deficiency in someone else.

We all have parts of ourselves that we don't like—or that we think society won't like—so we push those parts down into our unconscious psyches. **It is this collection of repressed aspects of our identity that Jung referred to as our shadow self.**

"Be responsible for the energy you bring."

According to Jung, you're not necessarily aware of those parts of your personality that you reject. Jung says, we distance ourselves psychologically from those behaviors, emotions, and thoughts that we find dangerous.

Aggressive impulses, taboo mental images, shameful experiences, immoral urges, fears, irrational wishes, unacceptable sexual desires—these are a few examples of shadow aspects, things people contain but do not admit to themselves that they contain.

Here are a few examples of common shadow behaviors:

"Shadow work is the path of the heat warrior."

1. A tendency to harshly judge others, especially if that judgment comes on an impulse.

Prompt: Have you ever judged someone's outfit?
Haircut? Accent? Language? Car?

2. Pointing out one's own insecurities as flaws in another.

Prompt: Ever commented or wanted to comment on a social media post that someone is, "stupid," "moron," "idiot," "untalented," "brainwashed,"? Maybe thought this at a family function or community event? Write it out!

"Shadow work is radical self-acceptance.."

3. A quick temper with people in subordinate positions of power.

Prompt: Ever quick to cop an attitude with people who don't have the power to fight back? (Be honest).

Exercising this kind of power is the shadow's way of compensating for one's own feelings of helplessness in the face of greater force.

When have YOU felt helpless or like you were unable to speak your TRUTH? Write it out!

"When you judge me, I learn about you."

4. Frequently playing the “victim” of every situation.

Prompt: People go to amazing lengths not to admit a wrongdoing, so sometimes we paint ourselves as the poor, innocent bystander who never has to take responsibility.

Prompt: Can you recall a situation or a time when you played the victim card? Write out a memory of a time that you may have felt (or still feel like) you were victim. Can you reframe this event or part of it to own your responsibility in the situation? Explore more...

"Dance with your darkness."

5. A willingness to step on others to achieve one's own ends.

Prompt: We often celebrate our own greatness without acknowledging times that we may have cheated others to achieve this success.

On the micro level we see this happen as people vie for position in checkout lines or cut each other off in traffic. On the macro level, corporations rig policy in their favor to gain tax cuts at the expense of the lower classes.

How have YOU "cheated" (in whatever way this may be for you) the system, in order to achieve your desired outcome? Come clean here...

"Our shadow is our inner child."

“6. Unacknowledged biases and prejudices.

People can form assumptions about others based on their appearance. However, we can easily take this too far, veering into toxic prejudice.

With so much social pressure to eradicate prejudice, people often find it easier to “pretend” that they’re not racist/homophobic/xenophobic/sexist, etc., than to do the deep work it would take to override or offset particularly destructive stereotypes they may be harboring.

Prompt: Who do you find yourself holding biases or prejudice towards? What deeper work might you need to do to overcome these?

"The contrast of dark & light gives us depth."

“Have you had an actual conversation/friendship/relationship with a person of that cultural, socio-economical or sexual orientation?”

7. A messiah or "savior" complex.

Some people can construe everything they do as an effort to “save” others—to help them “see the light,” so to speak. This is actually an example of spiritual bypassing, yet another manifestation of the shadow self.

Prompt: Have you ever found yourself looking to "save" or "rescue" others? How does it feel when you think you know better for someone else than they may know for themselves? What might it feel like to trust that they are on their own journey and can navigate their own course?

"Embrace the messy bits."

1. How do you think people see you? How would they describe you? How do you feel about that?
2. Who do you envy? Why? How might you be able to work towards gaining the things they have that you feel jealousy towards?
3. "When is the last time you felt let down? Examine how you felt and whether it was truly rational, or if you were triggered.
4. What person has hurt you the most in your life? Write them a letter telling them all the things you'd like to say.

"Love your inner child."

5. What misconception do people have about you?
How does that make you feel?

6. Who or when last/regularly belittles or
downplays your emotions? How does it make you
feel?

7. Think about your friendships. Which ones make
you feel safe, secure, and loved? Do you have any in
which you feel isolated, pressured, or otherwise
uncomfortable? Examine why this may be and if
you have any negative history.

INTEGRATE



XO,
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