

# My Shadow Journaling Prompts

Pick over the bones of your life to resurrect what matters most

## Go through the Door ~ your Journey Begins

1. What, within me, has been deadened or overly civilized?
2. Where have I chosen death over life?
3. When have I obeyed and 'made nice' when I should have disobeyed?

## The Descent into the Dark

5. What parts of myself have been lost or dismembered?
6. What has been depleted of life, drained of my blood & vital energy?
7. What crucial hopes, dreams & goals have I allowed to be decapitated?
8. What are the buried bones of my life~what is hidden yet cannot be lost?

## Let go of what no longer Serves you

9. What still haunts me? What drags me under?
10. What needs to be destroyed so that I may live?
11. What unhealthy patterns & habits in my life need dismantling?
12. What will I burn to cinders with knowing eyes and 'hagfire'?

## What Will you Bring back to Life?

13. What dismembered aspects of myself would I like to call back to life?
14. What will I fight fang & claw for? What can no longer be contained?
15. Where have I abandoned myself? What is my soul starving for?

## Embrace all of yourself & Find your Power

16. What are the bones of my life that I must resurrect to feel strong & alive?
17. Where must I evolve and blossom without interference from others?
18. Where must I stand strong in my wildish nature?
19. What energises me? What will I howl about?
20. With everything I have learned, what are my next steps?

