The Parts of Me I Do Not Introduce

A Shadow Work Journal for Meeting the Parts of Yourself You Usually Keep Quiet



THE INNER LISTENER

Publication details

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Your own entries are yours. You may keep them private or share your own words as you choose.

This journal is for reflection and personal writing. It is not therapy, counselling or medical advice, and it is not a substitute for professional care.

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Make this journal yours

A name, a date or a few words can help this journal feel like your own. Every line on this page is optional, and you can leave any of them blank.

My name or initials

The date or season I am starting

One word for how I would like to feel by the end



A NOTE ON READINESS

Is this journal for you?

This journal is written for readers who already know what shadow work is. It is a place to practise, not a place to learn the basics, so please do some reading of your own first. Books and articles by qualified authors are a good place to start.

Carl Jung used “shadow” for aspects of ourselves we may overlook, hide or find difficult to accept. These can include strengths as well as difficult feelings. This journal assumes you are already comfortable with that idea.

It may suit you best if you feel reasonably steady right now and have someone you trust to talk to. If you are in a difficult stretch, or the subject feels like too much, it is perfectly fine to wait, to read more first, or to explore it with a counsellor or therapist.

This is a reflective practice. It is not therapy, and it does not promise any particular result. Nothing here is a test, and nobody is looking over your shoulder. You are free to be curious, to be unsure, and to change your mind.

How the pages work

1 **Six parts, thirty entries**

Each part looks at one theme, Each part includes five entries and a mirror page. Short pauses appear between parts. You can move around and leave any entry unused.

2 **Two pages for each entry**

The first page offers a gentle introduction, three questions and some room to write. The second adds more space and one small, optional experiment.

3 **A suggested pace**

One entry every day or two, or one part a week, works nicely. The pages are undated, so take longer, write several at once or follow no schedule at all.

4 **Pauses and looking back**

Between parts there is a short pause to settle, and at the end of each part a mirror page to notice what stayed with you.

5 **Your own version**

Answer any question, all of them or none. Short notes, lists and doodles all count, and you do not need to get anything right.

PLEASE READ

Looking after yourself

This journal is for reflection. It is not therapy, counselling or medical advice, and it is not a substitute for professional care.

Some prompts may bring up difficult memories or strong feelings. If that happens, pause, skip the prompt, close the book or talk to someone you trust. You are always free to stop.

If you are going through a hard time, please consider speaking to a doctor, a counsellor or another qualified professional.

If you feel unsafe, or are thinking about harming yourself, please contact emergency services or a crisis line straight away. In the UK you can call Samaritans free on 116 123. In the US you can call or text 988. Elsewhere, please contact your local emergency number.

BEFORE YOU BEGIN

Three ground rules

1 **Be kind to yourself**

Every part of you is welcome here, including the ones that feel awkward, loud or inconvenient. Curiosity first, judgement later, or never.

2 **Go at your own pace**

You may skip, stop, come back next week or jump to the end. There is no right order and no finish line.

3 **Keep it private and honest in your own way**

Nobody else has to read this. Leave out names and details you would rather not write down, and write only what feels safe today.

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Starting snapshot

01 Part 1: What Sets Me Off

02 Part 2: What I Admire and Envy

03 Part 3: The Roles I Play

04 Part 4: The Rules I Inherited

05 Part 5: The Parts I Push Away

06 Part 6: Meeting the Parts

Moments I noticed

Parts map

Closing letter and what I will carry

Notes pages

Each part includes five entries and a mirror page. Short pauses appear between parts

STARTING SNAPSHOT

Where I am right now

Before the first entry, take a quick, kind snapshot. There are no right answers, and you can return to this page at the end.

Three words for how I feel today

A reaction I would like to understand better

A part of me I tend to keep quiet

Something I hope this journal gives me

STARTING SNAPSHOT

Looking after myself

A little preparation can make journaling feel safer and easier. Fill in whatever is useful, and skip the rest.

A time of day when I might write

Where I will keep this journal

Something that helps me feel steady

One kind thing to remember if a page feels hard