

# **Self-Introspection / Journaling sheet for Shadow Work**

## **Participants**

(This tool will help to map out the existing Individual patterns and at the same time make you prone positively to handle possible triggers well in advance in an aware state of mind)

### **Process:**

This process begins when we start **becoming aware of the “reality”** around us — the people, objects, and places that make up our life. Gradually, this awareness helps us better understand our surroundings and ourselves.

In this process, we do **not** immediately take just any action to “fix” the problem we are faced with. Instead, we engage in **self-introspection**, write down our thoughts and experiences, and allow ourselves to **simply be with whatever is happening**.

During this journey, different kinds of thoughts and emotions may arise. The mind may want to take action once something becomes clear, but we consciously **avoid rushing into any action**. Whatever changes happen naturally, we **welcome and accept** them.

Through **deep self-introspection and journaling** (writing in a diary, just 20 mins daily), we begin to notice our **thinking and behavioral patterns**. We can also observe what kind of **“personality” or self-image** we carry — so that we can understand it more deeply and **start our shadow work journey**.

This document is **completely private** — it must not be shared with or discussed with anyone else.

**I, your facilitator (Shadow Work Coach), will explain the process to you, stay with you through it, give you as much time as needed and coach you at every step.** Let's begin the journey by first welcoming this simple but powerful practice. It will also help **create a safe, sound and private environment** between the participant and the couch.

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# Questionnaire / Introspection

## Basic Information (Objective):

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_  
Marital Status: \_\_\_\_\_  
Education: \_\_\_\_\_ Occupation: \_\_\_\_\_  
Mobile No.: \_\_\_\_\_ Email ID: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

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## Do you have any habit of substance use?

(If yes, tick or write the particulars; If no, put N/A.)

- Cigarettes
  - Alcohol
  - Drugs
  - Others \_\_\_\_\_
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## Health-related Issues:

(If yes, tick or write the particulars; If no, put N/A.)

- Diabetes
- Arthritis
- High Blood Pressure (Hypertension / BP)
- Thyroid

- Others \_\_\_\_\_
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## In-depth Self-Introspection / Journaling (Subjective)

You will do this introspection as a **question–answer exercise with yourself**. The purpose of these questions is to help you **recognize your thoughts, beliefs, and emotions** that might be affecting you mentally or emotionally.

It is important to engage in this process **honestly and with spontaneity**. There are **no “right” or “wrong”** answers — every response helps you learn something about yourself and does some healing then and there. Focus on ***listening to yourself within*** — notice what arises in your mind and heart when you read a question.

Be **non-judgemental** and **kind** towards yourself. This exercise is **not** about fixing yourself, but about ***understanding yourself deeply*** — about **becoming aware of “what is” right now**.

You may **sit quietly** and begin with any questions that attract your attention. If any question brings strong emotions, pause for a while and **allow your body and mind to relax**. You can take a gap of days or weeks too if the overwhelm is too much, however a manageable level of anxiety or overwhelm will come as you are venturing into something that our ego protects. There is no need to pay attention to your impulse thoughts and emotions. Just **be with it, let it get processed** and deal with **just a little bit of courage**. You can also journal about the experience of doing this activity later or **meditate** on it when you **feel peaceful again**.

**“Journaling at an appropriate time (when we feel the urge to write something or scribble.) and in our private space is a healing tool/practice in itself.”**

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**Questions:**

- 1. **How are you feeling right now?**  
(Simply write your current state; do not analyze the reasons.)

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- 2. **Write something about yourself — things that define you or that you strongly identify with.**  
(This helps you understand how you see yourself — your self-image.)

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- 3. **What are your hobbies? What do you like to do in your free time and why?**  
(This helps you become aware of your areas of interest.)

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● **What are your favorite things?**

(This helps you identify your personal likes.)

- Food – \_\_\_\_\_ Drink – \_\_\_\_\_
- Song – \_\_\_\_\_ Singer – \_\_\_\_\_
- Place – \_\_\_\_\_ Gadget – \_\_\_\_\_
- Idol / Role model – \_\_\_\_\_ Animal – \_\_\_\_\_
- Outfit – \_\_\_\_\_ Book – \_\_\_\_\_
- Movie – \_\_\_\_\_ Subject – \_\_\_\_\_
- TV serial – \_\_\_\_\_ Work – \_\_\_\_\_
- Web series – \_\_\_\_\_ Friend – \_\_\_\_\_
- Actor – \_\_\_\_\_ Relative – \_\_\_\_\_
- Actress – \_\_\_\_\_ Family member – \_\_\_\_\_
- Season – \_\_\_\_\_ Color – \_\_\_\_\_
- \_\_\_\_\_

6. **Do you have any life philosophy or golden rule that you follow?**

(This helps you see your core belief system — the mindset that guides your life decisions.)

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7. **What kind of dreams do you often have?**

(This helps you understand what your subconscious mind might be communicating about your emotions or mental state.)

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8. **What are your strengths?**

(To recognize how well you know your abilities and positive qualities.)

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**Experience 4 -**

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**Experience 5 -**

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**24. According to you, what are the biggest social problems today, and what could be their possible solutions?**

(To reflect on your perception of society, media influence, and the surrounding environment you live in.)

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