



THIRTY SOMETHING

Plus VAT

# 9 Shadow Work Prompts

**If you're new to Shadow Work, don't panic. These aren't therapist grade questions. Just things to get you thinking.**

[www.thirtysomethingplusvat.com](http://www.thirtysomethingplusvat.com)

# *Welcome to the First Step*

**This isn't a Healing Guide. It's a Nudge.**

Let's be honest, shadow work can sound a bit scary, cant 't it? Like you're about to join a cult or start burning sage.

That's **not** what this is.

This is just a few pages of honest questions I started asking myself when I realised I was repeating the same emotional patterns over and over again such as relationships, reactions, regrets. The usual suspects.

These prompts aren't fancy. They won't fix you. But they might help you see yourself more clearly. And that's a bloody good place to start.

Take what helps. Leave what doesn't. You can come back later, no one's marking this.

Little note, this is designed to be printed, scribbled on, underlined, coffee stained or shoved in a drawer and forgotten about for a bit. There is no right way to use it, just make it yours.

*Love Lottie x*



Don't worry. These won't ruin your day. Just give your brain something real to chew on

What pattern am I absolutely sick of repeating, but still doing anyway?

When was the last time I said "I'm fine" and wasn't? What was I actually feeling?

What do I avoid because I don't want to feel stupid, judged, or rejected?

Don't worry. These won't ruin your day. Just give your brain something real to chew on

What part of me do I hide because it feels “too much” or “not enough”?

What would I be doing differently if I truly believed I was allowed to take up space?

When did I first learn to shrink, shut up, or stay quiet to feel safe?

**Don't worry. These won't ruin your day. Just give your brain something real to chew on**

What do I need to hear from someone else, but haven't said to myself yet?

What am I clinging to that's keeping me stuck, and what would letting go look like?

What kind of support do I actually need, but find hard to ask for?

# Before You Go

If you made it this far, thank you. Not just for downloading this, but for giving your mind and your heart a bit of space to breathe.

You don't have to do it all. You don't have to cry on a yoga mat or find yourself on a bloody retreat in Bali (unless you want to).

Just start being real with yourself. It's a better path than pretending you're fine when you're quietly unravelling.

I'm walking it too. And if this helped even slightly, you can always come back for more.

Lottie James

[hello.lottiejames@outlook.com](mailto:hello.lottiejames@outlook.com)

[www.thirtysomethingplusvat.com](http://www.thirtysomethingplusvat.com)

