

# SCORPIO SEASON: 5 DAY CHALLENGE: SHADOW WORK

Uncover and acknowledge what is holding you back...

DAY ONE: Create a chart of all the influential people in your life growing up. Focus especially on immediate family members or caregivers, the people who helped raise you and influenced you the most when you were young.

Under each name, list all their personality traits, good or bad. Circle all the traits that you also find within you. From those shared traits, notice which ones show up in your current relationships- good and bad:

DAY TWO: Write down the last time you were negatively triggered by someone- a reaction of anger, maybe built up resentment or frustration about a reoccurring situation, or maybe just a moment of overreaction... Ask yourself these questions:

- What is it about this person I don't like?
- Are any of these traits within me? Have they showed up in me ever?
- What makes it so difficult to be around them?
- What part of me is triggered when I'm around them?

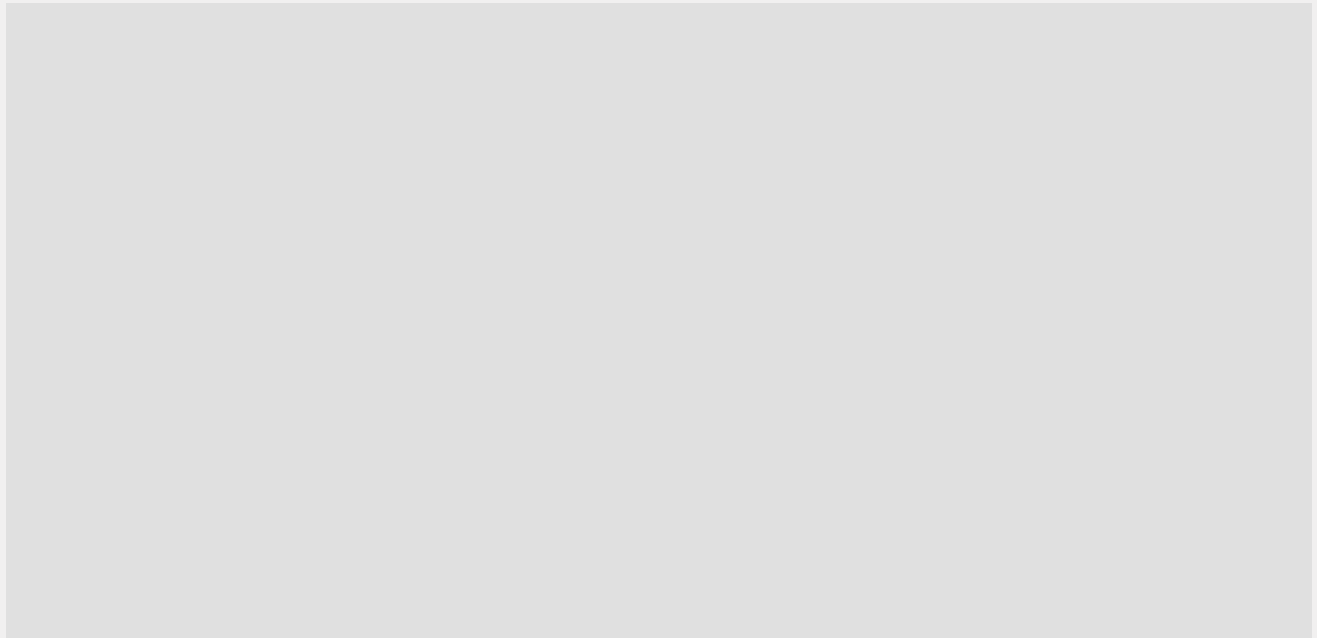

Feel this for a moment, and feel where you feel this emotional trigger in your body. Identify the physical location, even if it's just a general area. Breathe into it. Visualize white light moving into that space within your body.

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DAY THREE: Write down a time when you may have unintentionally hurt someone with an overreaction, rage, blame, or even ghosting or avoidance. Close your eyes and envision that moment, feel that moment. Take 5-10 deep breaths.

Now re-imagine that situation being handled completely different- in the way that would have been the best and most appropriate. Say what needed to be said or don't say what was said or done. Imagine your higher self operating in that moment. Feel what that feels like. Sit with that feeling for 5-10 deep breaths.



DAY FOUR: Self-Forgiveness- referencing the situation that was brought up in the last exercise, write down on a piece of paper- I forgive myself for \_\_\_\_\_. Say this to yourself 10x.

Then burn the paper, flush it down the toilet, throw it into the ocean, get rid of it and release it forever!

DAY FIVE: Gratitude and a Vow- Feel gratitude for what you have revealed and healed. Write it down. Getting to know the roots of your unconscious behaviors and interactions as something to be grateful for. Make a vow to yourself, write it down. A vow around recognizing your triggers as indicators of your shadow, an unaccepted part of yourself, Acknowledge it, communicate it, and next time make a higher, conscious choice in behavior. When triggered in the future, I vow to:

