



Shadow Work



My Personal Road Map (Shadow Work)

Let all Experiences be POSITIVE.

“Learn to LAUGH at the things that make you CRY; be grateful for the experiences that shape you.” (T.B. Cooper)

Exercise: Find the POSITIVE for each experience.

For this exercise, you are going to think of at least FIVE events in your life that are PAINFUL or REGRETFUL. These are memories that have left scars on your heart, such as: A close family member dying, a friendship lost, a relationship broken, a disaster that left you homeless, etc. Only you know the sources of your pain, and to what extent you remain hurt by these. The purpose of this exercise is to open your eyes to what came out of the experience. This may be difficult, but if it did NOT kill you, and you are open to changing your outlook, then it *is* possible to complete this.

As an example of a positive coming out of a debilitating loss: Your husband cheated on you & got his mistress pregnant. You, a stay at home mom with three kids, suddenly finds herself replaced and homeless with no income. If this is a fresh wound, I'm sorry, keep your head up and stay strong for yourself & the kids. Trust me, it WILL get better, but you have to keep on going, no matter how tired you are...

Anyway, so what's the positive in this situation?

- For starters, you found out who your husband REALLY is, without wasting another moment of your precious time.
- He is now someone else's problem.
- Child Support &/or Alimony, PLUS Self-Help Law Offices are available in many counties/states.
- Being able to show your kids what a strong mother looks like, what perseverance looks like, and what NOT to do and what not to expect in a relationship. These are some of the most powerful lessons you can teach your kids, that unfortunately you, yourself have to go through and get hurt by—in front of them, to teach them.
- You also learned what a cheater looks like when they're cheating, and so therefore you will (hopefully) be a bit more observant the next time someone you're in a relationship with, starts having too many coincidentally suspicious activities. This is NOT meant to imply that him cheating on you was your fault-like, at all, okay?

Here's another example: You came from a broken home. Your parents were abusive drug addicts. Maybe one parent killed the other, and the one that did the killing is now in jail. You were sent to live in foster care, where you were abused in various ways. You ended up getting into drugs yourself; maybe even prostituting... you got with an abusive boyfriend. You finally left after you found yourself pregnant. You lost

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the baby after he found you and beat you... shit has just been a steady stream of crap, for years... what's the point, even?

Well, let's see what could be seen as positives in this situation...

- You learned how to cook and clean for yourself at an early age, and can survive in situations that many of your peers couldn't even fathom.
- The abuses you suffered through, DID NOT KILL you. You are in fact, still here.
- You learned that you DID NOT want to repeat the example set forth by your parents and took the first steps towards breaking that cycle.
- Yes, you lost the baby, but, there could be a merciful explanation as to why. Perhaps, the road ahead for that child, having drug addicted parents and living in violence could've set that kid up to stay within the vicious cycle you were born into? Maybe the child would've been disabled in a way that would've given it a lifetime of suffering, or even a short lived life? Maybe, that abusive boyfriend would've ended up killing you and the child? Maybe, that child and you have been given another shot at a better life? You, by being given the opportunity to get clean and break away from the bullshit you were bred into, and given a chance to find yourself and to "get right", before committing to being a parent? And the child, by being able to be born into another body, later on, either to you or to different parents? Maybe, just maybe, you'll find yourself down the road with the child (children) you always wanted, in a safe and stable environment... Maybe, losing the baby was your final wake up call. Maybe, having lived through all of that and sat with the pain of so many years of torment, maybe now you can be someone who is contributing to & counseling those who've suffered through equally despairing roots?

***I know that was truly a raw example of some serious shit, but sometimes, you really have to stretch the limits of your perception to find the good in a situation.

Do you get the picture of where I'm going with this?

Now, it's time for you to try.

On the next pages, you will find 5 **Event Reflection Blocks**. First, you're going to give the Event a name that DOES NOT sound NEGATIVE. This is IMPORTANT. ANY Learning Experience should be reflected upon as a POSITIVE event. PERIOD. Why? Because anything that benefits you, no matter how long it takes for you to see the benefit, or how painful it was/is, is *STILL a BENEFIT*. And benefits are good. Plus, you cannot heal and move forward if you continue to live with regrets, or refuse to let something or someone, go.

So, what to name them?

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“Husband cheated on me & kicked us out” becomes “She got my problems & I got my FREEDOM”

“Lost my child in labor” becomes “I birthed an Angel who was ready to fly”

“Our house burned down & we lost everything” becomes “We were given a fresh slate”

Understand? Now, go find the positives.

Event #1	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #2	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #3	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

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Event #4	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #5	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

****Don't worry if you cannot think of 5 Lessons for each Event. The point is to find SOMETHING that was good, or that you learned by living through it.**

Saying that nothing good came out of the experience, is a LIE to YOURSELF.

The fact that you are still ALIVE & BREATHING, says that YOU STILL HAVE A PURPOSE.

Your life will end when it is supposed to, whether by your hand or someone else's, and NOT before. Every day you wake up can either be your best day yet, or your worst. It's all in how you perceive the world around *and* within you.

*****Feel free to use another separate piece of paper to record and reflect on even more Life Changing Events. Or go to my website to download pages with these boxes and so much more!**