

[How To Start Shadow Work Journaling](#)



HOW TO START SHADOW WORK JOURNALING

The goal of shadow work is to become aware of the thoughts and feelings on the dark side of the personality so that they can be accepted and processed rather than suppressed.

WORTHY WOLF WRITES

[HTTPS://WORTHYWOLFWRITES.BLOGSPOT.COM/](https://worthywolfwrites.blogspot.com/)

Shadow Work Journaling is a form of expressive therapy. It helps us sort through our thoughts and emotions, and work through problems and challenges. When we journal, we get to physically express ourselves while also gaining insight into our experiences. This forms a record of our lives that can be revisited when we are lacking memory or perspective on past events.

In our blog, [How To Start Shadow Work Journaling](#), we cover everything you need to know about Shadow Work like what it is and its benefits. There are many benefits of practicing Shadow Work;

- Empowering you
- Discovering your true self
- Learning the truth behind unhealthy habits, behaviors, and thought patterns
- Rediscovering any forgotten talents
- Developing an awareness of yourself

Our blog also provides you with steps on how to practice shadow work journaling, different areas in your life that possibly need attention, and prompts if you're really uncertain on where to start. There are various ways to go about Shadow Work journaling, and in our blog, we go over the three ways you can practice.

To read the full blog, go here: [How To Start Shadow Work Journaling](#)

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