

Name: _____ Date: _____ Period: _____

Shadow work

I V U U N D H F A Q E G O M Q G S M D K C B K A
G H E N C H A N T E D U N I V E R S E J M X M G
R R Y D G I S E L F L O V E M A R L Z G P B E Y
E D X I U F R F K I L A V Q K S A T N Z R I M B
L J Z S I J E A E L E T B T P S M B A R E N I X
E O X H L I B C I M O D J Y B H T P D E C N S M
A U I A T B I O R C T R Z M F C Q A O F L E S S
S R B D P H R N D S Y W E X E M V S P L A R E E
E N P O H V T F I X H E G Z A A C T T E I C D X
B A R W O I H U S N D J J I R F U L I C M H P U
T L E S E M M S V V N E G L E C T I O T I I L A
H S A E N E W I V D E N I A L Z L F N I N L A L
L V L L I Q J O N X I S Z Y S O J E A O G D C A
U I I F X J O N L H F W I L R A H T B N Y P E S
Q Z T D T P B U R B J B Y A X O U R U S O I D S
W A Y R L K R M G F Z Q K O P J A A S F U P E A
A B A N D O N M E N T G G H H G A U E S R M M U
L J U N C O N S C I O U S N E S S M H S P H O L
A W I Z E Z G G Y Z T E J I X Y P A E T O C T T
A B A C H I L D H O O D T R A U M A A R W B I D
S E L F A C C E P T A N C E A R M S L U E O O T
L W L W S N X K Q Y H E A L I N G V E S R E N E
U T O X I C P A R E N T S E I T G N D T Q G S Q
Y S U P P R E S S E D M E M O R I E S Q H N W B

Missed Placed Emotions
Childhood Trauma
Sexual Assault
Shadow Self
Adoption
Phoenix
Denial
Trust

Reclaiming Your Power
past life Trauma
Toxic Parents
Reflection
Healing
Reality
Healed
Fear

Suppressed memories
Self Acceptance
abandonment
Confusion
Journal
Rebirth
abuse
Ego

Enchanted universe
Unconsciousness
inner Child
Self Love
Neglect
Release
Guilt