

DAY 5

- i. When did you reject this aspect of self?
- ii. Who did you pick it up from? Or who shamed you? Or who did you watch being shamed?
- iii. What judgments came up for you?
- iv. What would it feel like/look like to be free from this shadow?
- v. What is the fear underneath?
- vi. What would it mean for my life if I felt freedom in this area?
- vii. Make a list of all the times you consciously remember embodying this aspect.

Just write freely. Write about any emotion surrounding this aspect of self.