



How to Become Your Best Self: Embrace Your Dark Side

This worksheet will help you discover and embrace your "Shadow" so that you can integrate it into your consciousness and gain control of it.

What is the last thing you remember feeling resentful, oppressed, or bitter about?

What thoughts were you having?

What feelings were you having?

How did your Persona react?



How did your Shadow react?



If your Shadow's reaction is not acceptable to you, what's not acceptable about? Why do you feel the need to hide it?



How would you like to react to similar situations in the future?

What actions can you take to create this reaction?

Prompts:

- Do you need to examine your definition of morality?
- Do you need to learn to control your aggression?
- Do you need to stop projecting your insecurities onto others?

Go back through this worksheet as many times as you need to, for as many instances of resentment, oppression, or bitterness as you need to.

I created another post that will help you control your aggression/anger. Copy this link into your browser to access it.

<https://theexpectationgaps.com/the-subtle-art-of-using-anger-to-your-advantage>