

## In Search of Shadows



### A Reflection Companion from Storm Haven

This is not a task to complete or a problem to solve.

There is no right pace and no right answer.

Consider this an invitation to pause.

Take what resonates.

Leave the rest.

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## Noticing the Shadow

The shadow is not what is wrong with you.

It is what learned to step back so you could belong.

Spend a few moments gently reflecting on any of the questions below. You do not need to answer all of them. You do not need to answer them today.

- What parts of yourself have you learned to keep out of view in order to stay safe, connected, or accepted?
- Are there emotions you tend to minimize, rationalize, or carry quietly on your own?
- Where in your life do you feel fog right now, a sense of not knowing, or being between identities?
- What might that fog be asking you to slow down around rather than push through?

Notice what comes up without forcing meaning.

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## Noticing the Golden Shadow

Some parts of us were hidden not because they were painful, but because they were powerful.

The golden shadow often holds what once felt too bright, too expressive, too confident, or too alive for the environments we were in.

Reflect gently on any of the following:

- What qualities in others spark admiration, envy, or a quiet ache of recognition?
- When have you been complimented and immediately deflected, minimized, or joked it away?
- What parts of you learned it was safer to dim, soften, or stay small?
- If those qualities were welcomed, what might they bring back into your life?

There is no need to reclaim anything yet. Noticing is enough.

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## **A Grounding Reminder**

Strong feelings, memories, or sensations may arise as you reflect.

That does not mean you are doing anything wrong.

You are not meant to navigate the inner labyrinth alone or all at once.

Sometimes insight arrives as a thought.

Sometimes it arrives as a breath dropping lower, or shoulders softening without permission.

Both count.

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## **An Invitation**

Shadow work is not about fixing yourself.

It is about coming back into a relationship with all the parts of you that learned to wait.

If these reflections stir something you would like support with, therapy can be a place where this exploration happens slowly, safely, and in connection.

At Storm Haven, you are not asked to fit in.

You are invited to belong.

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