



Working with your shadow

1. Please, remember a situation when you thought that another person misbehaved

2. Please, write down your thoughts which you remember, even your judgements and blames

3. How did you feel back then.

4. Which of your needs were not met?.

5. Please, celebrate that this person has reminded you of all these wonderful needs.

6. Please consider which feelings and needs might have been alive in this person when they behaved like this.



7. Please, consider if you too might have these needs in similar situations and don't allow yourself to live it or at least not with this strategy?

8. Please, regret / mourn that you didn't meet this need with this strategy.

9. Please, find new strategies to meet this need.
