



**10 MIND-
BENDING SIGNS
YOU JUST CAN'T
SHRUG OFF ANY
LONGER THAT
YOU NEED TO
START YOUR
SHADOWWORK!**

Jame Basinger



ABOUT THE AUTHOR

Hello I am Jame. I am a holistic coach helping those work through emotional hurdles that hold us back from achieving our everyday goals/tasks. Crippling anxiety. Isolating depression. Anger outburst that seems to boil to surface from nowhere. I have personally been through them all. Through my own experience and training I incorporate techniques like Somatic therapy and NLP. Changing your belief system and feeling where these emotions are stuck within your bodies, you can release these emotions and let them go without years of traditional therapy.

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YOU CAN'T IGNORE YOUR SHADOW

FEELING STUCK IN LIFE? STRUGGLING WITH SELF-SABOTAGE, RECURRING PATTERNS, EMOTIONAL TRIGGERS, ANXIETY, OR AN INNER CRITIC THAT WON'T QUIET DOWN?



HOW TO KNOW WHEN SHADOW WORK IS NECESSARY

Shadow work is a powerful process of self-discovery and healing, but recognizing when you need to engage in this work can be challenging. If you find yourself feeling stuck, facing repeated patterns or triggers, or struggling to break free from limiting beliefs, it may be time to embark on the journey of shadow work.

Here are some clear signs that indicate it's time to dive into the depths of your subconscious and confront your shadow self...

#1. YOU HAVE RECURRING PATTERNS OR ISSUES IN YOUR LIFE

If you find yourself constantly facing similar challenges or experiencing the same negative patterns in your relationships, it may be a sign that there are underlying unresolved issues that need to be addressed through shadow work.

#2. YOU STRUGGLE WITH SELF-SABOTAGE

If you often find yourself getting in your own way or making choices that are detrimental to your well-being, it could be a sign that there are unconscious beliefs or emotions that are driving this behavior.

#3. YOU HAVE DIFFICULTY SETTING BOUNDARIES

If you struggle to assert your needs and establish healthy boundaries in your relationships, it may be indicative of a fear of rejection or abandonment that needs to be explored and worked through.



#4. YOU FEEL DISCONNECTED FROM YOUR EMOTIONS

If you have difficulty identifying and processing your emotions, or if you frequently feel numb or detached, it may be a sign that there are suppressed feelings that need to be brought to light through shadow work.

10 CLEAR SIGNS YOU CAN'T IGNORE YOUR SHADOW

#5. YOU EXPERIENCE CHRONIC ANXIETY OR DEPRESSION

Persistent feelings of anxiety or depression can be indicative of unresolved emotional wounds or traumas that are impacting your mental health, making shadow work a valuable tool for addressing these issues.

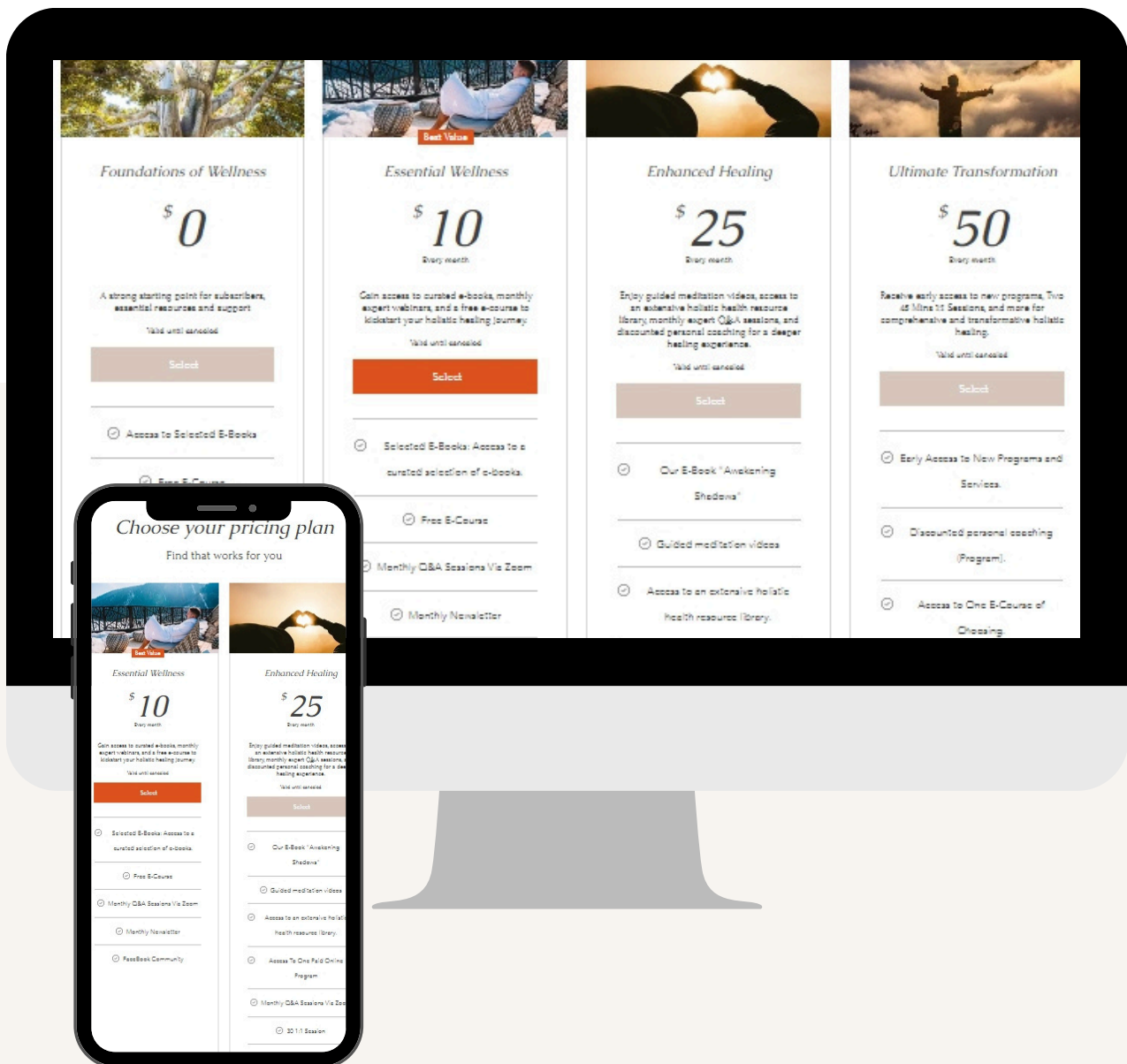
#6. YOU HAVE A STRONG INNER CRITIC

If you find that you are constantly berating yourself or engaging in negative self-talk, it may be a sign that there are unresolved feelings of shame, guilt, or unworthiness that need to be addressed through shadow work.

#7. YOU STRUGGLE WITH INTIMACY AND VULNERABILITY

If you find it challenging to be open and vulnerable in your relationships, or if you have difficulty forming deep connections with others, it could be a sign that there are fears or insecurities that need to be explored and processed through shadow work.





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#8. YOU HAVE UNRESOLVED TRAUMA

If you have experienced significant trauma in your life, whether it be from childhood or later experiences, it is likely that there are lingering emotions and beliefs related to the trauma that need to be addressed through shadow work in order to promote healing and growth.

#9. YOU FEEL STUCK OR STAGNANT IN LIFE

If you feel like you are not making progress or moving forward in your personal or professional life, it may be a sign that there are underlying emotional or psychological barriers that need to be addressed through shadow work in order to facilitate growth and change.

#10. YOU HAVE A STRONG DESIRE FOR SELF-IMPROVEMENT

If you have a strong desire to understand yourself better, heal past wounds, and become the best version of yourself, engaging in shadow work can be an incredibly powerful and transformative tool for self-discovery and personal growth.

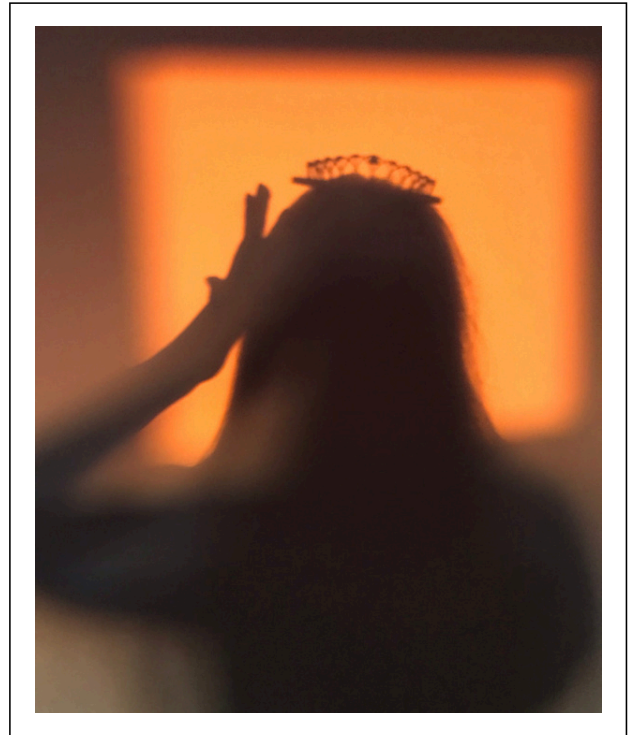
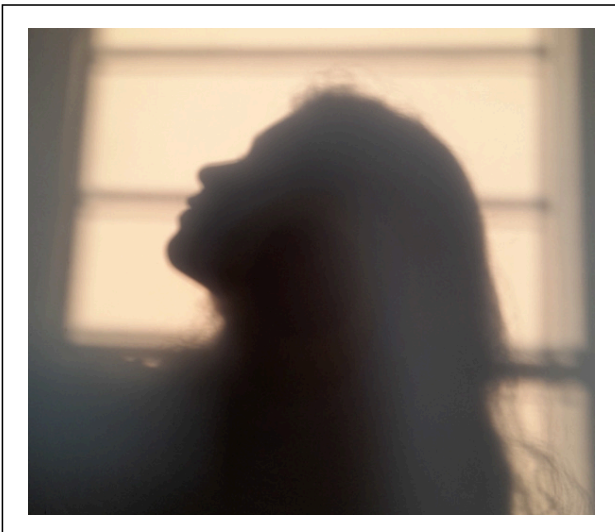
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HAVE YOU TRIED OTHER OPTIONS?

If any of this resonates with you, it's important to take action now because ignoring the signs that indicate you need shadow work can lead to prolonged emotional and psychological distress.

If left unaddressed, unresolved issues can manifest in various ways in your life, leading to ongoing challenges in relationships, mental health, and personal fulfillment.

Engaging in shadow work offers an opportunity for you to confront your inner demons, process suppressed emotions, and release limiting beliefs that may be hindering your personal growth and well-being.



By taking action to engage in shadow work, you can begin the process of healing and growth, which can positively impact your mental and emotional resilience.

Confronting the shadow self and addressing underlying emotional and psychological barriers can lead to greater self-awareness, emotional stability, and the ability to form healthier, more fulfilling relationships.

Additionally, engaging in shadow work can provide you with the tools and insights needed to break free from self-sabotaging behaviors, overcome chronic anxiety or depression, and create positive and lasting changes in your life.



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