

Juliette Lee

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Shadow Self

What parts of myself do I need to reclaim?

The shadow refers to the personality traits and tendencies that we have rejected in developing our self-image. We often know the shadow by many other names - dark side, alter ego, repressed self, id, wrestling with demons etc.

The shadow in everyone varies considerably depending on conditioning within the family, the community, and the culture in which we grew up. Moreover, the shadow is not only made up of aspects of personality experienced as disagreeable or negative, but it can also have a positive side.

Although suppressed from conscious awareness, the shadow continues to influence our behaviour in powerful ways. In particular, we may become unduly anxious or irritated when in an environment or around a person that in some way reminds us of repressed aspects of our self.

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We don't see things as they are, we see things as we are.

Anais Nin

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The best political, social, and personal work we can do, is to withdraw the projection of our shadow onto others.

Carl G Jung

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