When does your Shadow Self come out? Can you think of a recent example from the last week? When does your Shadow Self come out? Can you think of a recent example from the last week?

Imagine your Shadow Self has their own script. What kinds of things does your Shadow Self say? Imagine your Shadow Self has their own script. What kinds of things does your Shadow Self say?

If your Shadow Self was an energy, what would it look like in your body? Come up with a stance, movement or gesture or a movement that represents your Shadow. If your Shadow Self was an energy, what would it look like in your body? Come up with a stance, movement or gesture or a movement that represents your Shadow.