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## What is shadow work reddit

Shadow work is the first part of any self-knowledge journey, and it took me quite some time to understand it properly because there are a lot of misconceptions about Jung's concepts. I'll try to be as clear as I can because I really think everyone could benefit from this work. The first thing is to realize the unconscious has a compensatory relation to the consciousness. So whatever I identify with and live consciously I'll be able to find its opposite in the Unconscious. Unconscious is simply everything I'm not aware of or doesn't relate to the Ego Complex. The first layer of the Unconscious is the Personal Unconscious, and its contents are a part of our history, we can always trace back its origins. And these contents can either be bad qualities that have been repressed or good ones which couldn't be developed. Loosely put, the Shadow is our inferiorities, and it's located in the Personal Unconscious. There we can find everything that consciousness judges as inferior, negative, or simply is not lived, or even repressed. And these exact same contents are projected in the outside world and are seen in others. When in reality resides within the individual. So we first meet our Shadow projected onto other people, simply because we can't recognize these contents within. However, when something is in the Shadow it acquires an explosive quality and you overreact to it, it's something that raptures you and you can't consciously control. For instance, a lot of people get extremely angry and judgmental towards people that want to live their sexuality. This might happen because this person can't live their own sexuality in a healthy way, this part is repressed and acquires this weird evil quality. Projection can also make you see things bigger than they are. You can easily mistake someone that is just being assertive with an extremely arrogant pig. In this case, maybe this person is just seeing her arrogant self in others. Obviously, your judgment can also be right, but you need self awareness to determine the extent. Projection can also work with good things, people that you admire, and even put on a pedestal, may possess qualities that you also have, but they are still immature and undeveloped. As an introvert, I always admired and envied extraversion, and there came a time where I became a teacher and had to develop my own extraversion. Fast forward, now I was able to conduct a great deal of events. Once you understand what you've been projecting, you can accept those traits, either good or bad, and start the real work to integrate them into your personality. Integrating something means living it consciously in a healthy way. For instance, if you have repressed sexual desires it doesn't mean to go on a rave party and do it with everyone you encounter. If you do this you're just allowing the Shadow to overtake all your personality, and you become your opposite. And most likely you'll continue to feel like shit. You have to find a way to live your desires and develop everything that couldn't be lived in a healthy manner. For instance, someone that's always fighting with other people can learn to communicate better and be assertive. You can also learn how to live all your desires in a healthy way, thus enhancing your personality and becoming more whole. Only you can understand what's the best way to live your unconscious unlived life. You can find more content like this on my IG - [Rafaelkruger](#), [Rafael Krüger](#) - Jungian Therapist. No one really talks about the pitfalls of shadow work, not really. You get into it, find the demons, and then integrate them. But integration is hard, especially if you've lived in your shadow at one point in your life. I got so lost in mine I had to go to a shaman to straighten me out. Still not sure how to successfully integrate them but at least I have some peace now. Just putting it out there. Don't get taken into the undertow.





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