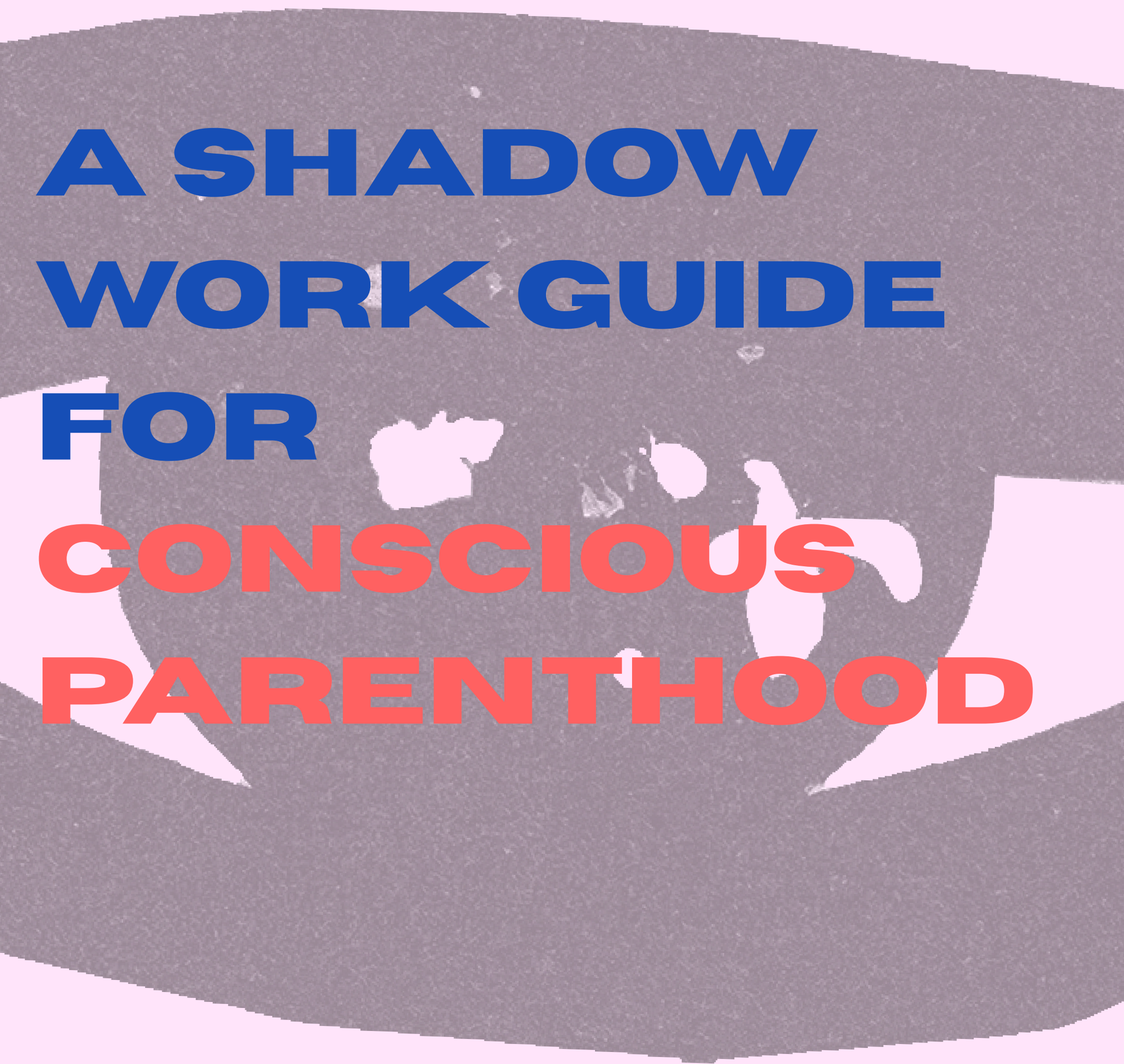




# **A SHADOW WORK GUIDE FOR CONSCIOUS PARENTHOOD**



# BEFORE WE BEGIN

When we imagine becoming a parent, we often think about the life we'll give our child. But before we shape their world, it's worth exploring the world that has already shaped us. Every one of us carries beliefs, emotional patterns and ways of relating that were formed long before we had the words to understand them. Some serve us well, others influence us in ways we may never have questioned.

This guide is an invitation to turn towards those hidden parts of yourself. This isn't in the pursuit of becoming a perfect parent (there's no such thing), but because the more you understand yourself, the more freedom you have in how you respond to your child. The more of yourself you know, accept and allow, the more of your child you'll be able to know, accept and allow too. What a gift!



# THE PATTERNS WE CARRY

Every one of us enters parenthood carrying patterns shaped by our own experiences. We learn what love looks like, how emotions are handled, what earns acceptance, and which parts of ourselves feel safe to express. Over time, these experiences become the lens through which we see ourselves, our relationships and, eventually, our children.

Many of these patterns once helped us feel safe, connected or loved. But unless we become aware of them, they can influence the way we parent, leading us to react from old beliefs rather than the present moment.

The beautiful thing about awareness is that it starts to create choice. Once we can see a pattern, we no longer have to pass it on. Although awareness alone is not always enough (more on that later).



# WHAT IS THE SHADOW?

We all have a shadow (yes, even you). It's made up of the parts of ourselves we've learned to hide in order to feel safe, accepted or loved. I can't stress this enough, it is not because those parts of you were bad, somewhere along the way, you learned they weren't welcome and didn't bring you connection.

Your anger, your sensitivity, your confidence, your need for reassurance, your playfulness, your vulnerability... whatever it was, it once served a purpose to tuck it away. These adaptations helped you navigate the world you grew up in. How clever you are!

Shadow Work isn't about getting rid of these parts. It's about bringing them back into the light. Because the more of yourself you know, accept and allow, the more freedom you have to show up fully - for yourself and for your child.



# THE MIRROR WE DIDN'T EXPECT

Parenthood has a unique way of bringing hidden parts of ourselves to the surface. It's often in the moments that challenge us most - the crying, the defiance, the neediness, the big emotions - that we meet the parts of ourselves we've learned to avoid or suppress. Our children don't create these wounds; they reveal the places within us that are asking to be understood.

A trigger is not a sign that we are failing as a parent. It is an invitation to become curious. Instead of asking, "Why is my child making me feel this way?" we can begin to ask, "What is this bringing up in me?" Because every time we understand ourselves more deeply, we create more freedom to respond with connection rather than old patterns.



# BEGINNING YOUR OWN SHADOW WORK

Shadow work begins with curiosity, not judgement. When we notice ourselves feeling triggered, overwhelmed or disconnected, we can pause and ask:

What is this bringing up in me?

What does this remind me of?

What might this part of me be trying to protect?

Our reactions often hold clues to old beliefs, unmet needs or parts of ourselves that have been asking to be understood. The goal isn't to never feel triggered (if only!) - it's to build a different relationship with those moments, so we can respond with greater awareness, compassion and choice.



# NOTICE YOUR TRIGGERS

Think of a recent moment where you felt triggered, overwhelmed or disconnected from your child (or, if you're preparing for parenthood, a scenario where you felt triggered by someone else).

Ask Yourself:

What feeling came up for me?

What emotion was underneath my reaction?

What did this moment remind me of?

Is this familiar from another time in my life?

What part of myself was asking to be seen?

Was there a need, fear or belief underneath the surface?

What would I have needed in that moment?

How could I offer that understanding to myself now?

Remember, the goal is NOT to find something wrong with yourself. It's to build a deeper relationship with yourself - because once we bring conscious awareness to more parts of ourselves, they are less able to control us from the Shadows.



# REFLECTION PAGES

What feeling came up for me?

What emotion was underneath my reaction?

What did this moment remind me of?



# REFLECTION PAGES

Is this familiar from another time in my life?

What part of myself was asking to be seen?

Was there a need, fear or belief underneath the surface?

# REFLECTION PAGES

What would I have needed in that moment?

How could I offer that understanding to myself now?



# AWARENESS IS A GREAT START

Many of us are incredibly self-aware. We can understand where our patterns come from, recognise our triggers and know why we respond the way we do - yet still find ourselves repeating the same reactions. This is because our deepest patterns are not only held only in our thoughts, but also in our emotional experiences, nervous system and subconscious. They're in our body.

Transformation happens when we move beyond simply understanding our patterns with the logical mind and begin to create new experiences within ourselves. Embodied Shadow Integration allows us to step into and meet the parts of us that have been protecting us for so long. It's a space where we're able to do the real work of giving these parts what they've been crying out for, showing them in a tangible way that they don't need to hide anymore.



# GOING DEEPER

This work asks us to turn towards the parts of ourselves we have spent years hiding, avoiding or protecting, and it's not for everyone. But the truth is those parts are already there - the question is whether we continue working against them or begin creating a relationship with them. Deep transformation happens when we move beyond understanding our patterns intellectually and begin working with what is held within our emotional world, nervous system and body.

This is where I can be of support, in my immersive Shadow Integration sessions, we connect with the parts of yourself that learned to protect, control, achieve, hide or adapt. Through guided exploration and embodied work, we can begin to shift the inner dynamics that shape how we experience ourselves and our relationships. This isn't about changing who you are - it's about integrating more of yourself, so you can respond to yourself and your child with greater presence, connection and choice.



# LIKE NO OTHER THERAPY

I work with people in five-hour immersive Shadow Integration sessions (it goes much quicker than you think, don't be scared!) This extended time gives us space to go beyond understanding your patterns intellectually and into the emotional and embodied experiences that continue to shape how you relate to yourself and your children.

Parenthood offers a powerful opportunity to look at what we carry forward and what we choose to transform. When we meet the parts of ourselves that have been hidden with compassion and awareness, we create the freedom to parent more consciously. It becomes a gift not only to ourselves, but to the next generation, a chance to choose what we hand down, and what we lovingly leave behind.

For more information go to  
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