

# Shadow Work Tarot Reflection Journal

## A Practical Guide for Deep Inner Work Using Tarot

### How to Use This Journal:

This guide is designed to **help you go deeper into your tarot readings** for shadow work. It includes:

- **Guided journaling prompts** to help you interpret your readings.
  - **A simple step-by-step structure** for reflecting on shadow aspects.
  - **3 transformative tarot spreads** (Meet Your Shadow, Exploring Fear & Resistance, Healing & Integration).
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## Step 1: Setting Your Intention



**Before pulling any cards, take a moment to reflect:**

- What aspect of yourself feels hidden, suppressed, or misunderstood?
- What emotions or behaviors have been coming up for you lately?
- What specific situation or challenge do you want insight on?



**Write your intention here:**

→ *Example: "I want to understand why I resist vulnerability in relationships."*

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## Step 2: Choosing a Spread & Recording Your Cards

### 1. Meet Your Shadow (3-Card Spread)



**Purpose:** Identify a hidden aspect of yourself and begin integrating it.

#### Your Cards:

**Card 1:** What part of my shadow wants to be seen? → \_\_\_\_\_

**Card 2:** How does it affect my life? → \_\_\_\_\_

**Card 3:** How can I begin to integrate this part? → \_\_\_\_\_



**Reflection Questions:**

- How do I feel about the card that represents my shadow?
  - Have I seen this pattern play out in my life before?
  - What small action can I take to start working with this shadow part?
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## 2. Exploring Fear & Resistance (5-Card Spread)

 **Purpose:** Understand why you resist certain emotions or changes.

### Your Cards:

**Card 1:** What am I unconsciously afraid of? → \_\_\_\_\_

**Card 2:** How does this fear manifest in my life? → \_\_\_\_\_

**Card 3:** What is the root cause of this fear? → \_\_\_\_\_

**Card 4:** What do I need to learn from this? → \_\_\_\_\_

**Card 5:** How can I begin to heal this fear? → \_\_\_\_\_

### Reflection Questions:

- How does this fear hold me back?
  - What is one step I can take toward healing this resistance?
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## 3. Healing & Integration (6-Card Spread)

 **Purpose:** Move from awareness to transformation.

### Your Cards:

**Card 1:** What shadow aspect am I ready to integrate? → \_\_\_\_\_

**Card 2:** What part of me resists this integration? → \_\_\_\_\_

**Card 3:** What lesson does this shadow hold for me? → \_\_\_\_\_

**Card 4:** How can I start embracing this part of myself? → \_\_\_\_\_

**Card 5:** What new strength will emerge from this process? → \_\_\_\_\_

**Card 6:** What support do I need in this journey? → \_\_\_\_\_

### Reflection Questions:

- How does it feel to see this shadow part in a new light?
  - What supportive practice (meditation, journaling, therapy) could help me integrate this learning?
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## Step 3: Integration & Next Steps

### Final Reflection:

- What was my biggest insight from this reading?
- What is one practical step I can take to honor my shadow work journey?
- How will I know I'm making progress in integrating my shadow?

### Closing Ritual (Optional):

- Write an **affirmation** based on your reading. Example: *"I welcome all parts of myself with compassion."*
  - Take a deep breath and visualize yourself growing through this process.
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