

Tarot Shadow Work Journal

A Guided Workbook for Self-Exploration and Healing

Introduction

Shadow work is the process of exploring and integrating the unconscious parts of ourselves. Tarot provides an intuitive, symbolic way to uncover hidden emotions, fears, and desires. This **guided journal** includes practical tarot spreads, interpretation prompts, and reflection exercises to support your journey.

How to Use This Journal

- 1️⃣ **Set aside quiet time**—light a candle, play calming music, and approach your tarot session with an open heart.
 - 2️⃣ **Shuffle your deck** while reflecting on a question or emotion that feels significant.
 - 3️⃣ **Draw your cards and journal your interpretations**—use the prompts to go deeper.
 - 4️⃣ **Review your insights** and notice patterns over time.
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Tarot Spreads & Prompts for Shadow Work

1. The Inner Conflict Spread

- **Card 1: The Protector** – What part of me is trying to keep me safe?
- **Card 2: The Wounded Part** – What hidden pain or unmet need is beneath this behavior?
- **Card 3: The Healing Path** – How can I acknowledge and integrate this part in a healthier way?

Journal Prompts:

- What fears or memories arise when I think about this wounded part?
 - How has this protector part shaped my choices in relationships or work?
 - What message does my protector part need to hear to feel safe?
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2. The Shadow Trigger Spread

- **Card 1: The External Trigger** – What situation or person is making me uncomfortable?
- **Card 2: The Disowned Trait** – What part of myself am I rejecting?
- **Card 3: The Integration Path** – How can I work with this shadow aspect rather than suppress it?

Journal Prompts:

- Who or what annoys me the most right now? What does that reveal about me?
 - When have I suppressed this trait in myself? How does it still influence me?
 - What would happen if I accepted this aspect of myself instead of rejecting it?
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3. The Unfinished Story Spread

- **Card 1: The Past Wound** – What unresolved experience still affects me?
- **Card 2: The Present Manifestation** – How does this wound show up in my current behavior?
- **Card 3: The Healing Path** – What do I need to do to find closure?

Journal Prompts:

- How does this past experience shape my self-perception today?
 - What emotions arise when I revisit this memory?
 - What small step can I take toward healing and releasing this wound?
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Reflection & Integration Exercises

✓ Write a Letter to Your Shadow

- Choose a shadow aspect you've identified in your tarot reading.
- Write a compassionate letter to this part, acknowledging its fears and strengths.

✓ Daily Tarot Check-In

- Each morning, pull one card and ask: *What shadow aspect needs my attention today?*
- Journal your insights and track patterns over a week.

✓ Meditation: Meeting Your Shadow

- Close your eyes and visualize walking through a dark forest.
- You meet a shadow figure—this is a hidden part of you.
- What does it look like? What does it want to tell you?
- Record your experience in your journal.

Final Thoughts & Next Steps

Shadow work is a journey, not a destination. With time, tarot can help you build a **deeper relationship with yourself**, bringing your unconscious patterns into the light.

Next Steps:

- ◆ **Use this journal for 30 days** and notice how your insights evolve.
- ◆ **Read Part 2: The Major Arcana as a Shadow Work Roadmap**