



Mystery, a Shadow, and an Amazing Game

Homework Questions for Video Two--A Shadow

1. What qualities really bother you about others? List several “negative” qualities that trigger you emotionally when you experience them in others.

(Some possibilities: you might be emotionally triggered when someone else is sloppy, stupid, dishonest, sexually perverted, selfish, conceited, angry, stubborn, controlling, disorganized, critical, unreliable, show-off, unreliable, ditzy, arrogant, powerful, argumentative, etc.)

What really bugs you about other people? List these qualities that trigger you in others, then put them in order, with those that trigger you the most at the top of the list.

Initial list:

Same list, in order of intensity:



2. Just for now, assume that each quality that triggers you emotionally when you see it in others also exists, at least potentially, in you (and, for that matter, in all people). This may not seem to be true, but that's because you've disowned that quality in yourself—it's a shadow. This means that it will express itself in covert and dysfunctional ways and cause you all sorts of trouble in your life.

Assuming, then, that each of these qualities represents a shadow, a disowned voice, write one of the qualities from the top part of your list (a quality that triggers you a lot when you see it in others) at the top of a piece of paper.

If the quality that most triggers you in others is, for instance, anger, write "ANGER" at the top of the page. Then, be that voice. You are "the voice of anger", in you. During this exercise, you are no longer the entire self, but just one part of the self, the self's anger.

If I was doing this exercise, I would say to myself, "I am Bill's anger." Then, I would write from that voice, writing what that voice has to say. You might write the answers to the following questions (I will write a sample answer after the question for the voice of anger, just to give you an example):

What is your job? ("My job is to be angry.")

What are you angry about? [Change "angry" to whatever quality you are writing about.] ("I'm angry that no one treats Bill fairly. I'm angry that Bill sometimes doesn't get what he wants. I'm angry that some people do mean things to Bill. I'm angry that Bill's father was a jerk. [And so on. Write whatever that voice has to say. This means you'll have to look inside and find out what the voice really wants to say, and then write it down.]

How do you benefit the self (you could substitute your name for "the self"? (You'll find that ALL voices have benefits they can perform for the self, but, ironically, may instead harm the self if disowned.)

How have you been sabotaging him/her because you've been disowned, pushed down into the basement?

What is it like to finally be able to speak openly? ("It's a relief. Bill has made me wrong for so long, and locked me in the basement, that it's very freeing to finally be able to express myself.")



If you were owned, how could you help the self?

How have you been expressing yourself in his or her life?

What else do you want to say?

If other questions occur to you, allow the voice to answer them.

One key to this is to be open to discovering what these voices need to or want to say. The more difficult this seems to be, the more the voice is disowned. The more disowned it is, the more likely it is that this disowned part is creating suffering for you.

You **MUST** stay “in voice.” Speak **FROM** the voice. Avoid speaking **ABOUT** the voice. **BE THE VOICE** and let it speak.

You may have to sit with some of these questions until an answer comes. Let it be okay if nothing comes to mind at first. Again, be open to allowing the voice to speak.

One common fear is that if you allow the disowned voice to speak, to be owned, something bad will happen. If the voice is selfishness, for instance, a common fear is that you will become more selfish.

The opposite is true. When a voice is disowned, it expresses itself in a dysfunctional way, a way that creates suffering for you and for others. When it is owned, it matures into something beneficial to you and others. Selfishness, for instance, when disowned, acts in selfish ways that harm you and others. When owned, it transforms into self-love, which benefits you and others.

If you have trouble, or would like one of our support coaches to act as a facilitator as you speak from disowned shadow voices, call our support line at 503-672-7117 between 9:30am and 5:00pm Pacific time, M-F.