



Advanced Depth

Shadow Dialogue Process

Invite your client to step into the very exaggerated part of their Shadow – the hypo or hyper that they are least comfortable with. (So if they usually in hyper, have them go exaggerated hypo. If they are usually in hypo, have them go exaggerated hyper).

Invite your client to step into this energy purposefully, intentionally, (not heavy handed/light-heartedly; cartoon or caricature; commanding vs being a servant to) and WITHOUT SHAME OR JUDGMENT OF IT. Invite them to act as if they are VERY PROUD of THIS PART OF THEMSELF.

Invite your client to shift their body to sit or stand or lay down or be in any stance/place that this ONE would be in. Invite them to hold themselves as this one and have the expression on their face as this one.

Have a conversation with this part that your client is leaning into (not with your client, with this Part)

“What is your name?”

Tell me more about you”

You may need to prompt your client to lean in more (again, to caricature, lighthearted; not heavy handed) – to Exaggerate the Shadow even more. Or totally lazy. Or without boundaries. Or Angry.

“What do you deeply desire?”

“What are you about and what do you really want?”

“What is the thing about you that [client name] is most ashamed of? Why should they not be ashamed?”

“What do you really love about yourself?” “What are you proud of?”

“What do you want [client] to know? What message do you have for her?”

“How can she better use your energy in her life?”

“What is a phrase from your highest self?”

Stand up into body movement expression

Practitioner mirror this expression

What are the words that want to come from this place?