

The SHADOW WORK CARD DECK

SHADOW SELF (n.): *The unconscious, unspoken parts of ourselves that we resist or reject because we perceive them to be undesirable.*

SHADOW WORK is the practice of integrating the shadow self to achieve a more balanced self.

This is a single or multi-player journey that inspires self-reflection and personal growth.

These cards will guide you through introspective questions and prompts. Each one helps you unlock your hidden personality, emotions, inner struggles, and more.

It's very simple.
Just work your way through 2 parts:



PART 1: IDENTIFYING:

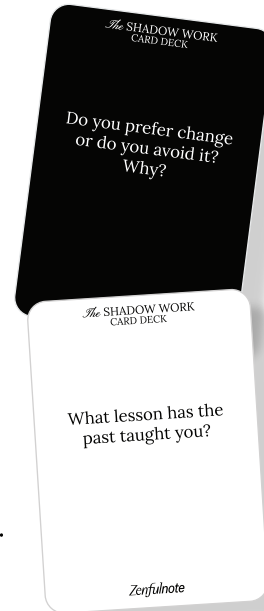
Identify and reveal your hidden psyche. These questions steer you toward areas of your life that need investigating and thought.

PART 2: INTEGRATING:

Accept your inner truths. These cards help you reconcile your past inner self with who you are now.

HOW TO PLAY:

Draw a card from **Part 1: Identify** to uncover a shadow that may be influencing your thoughts or behaviors. Then, draw from **Part 2: Integrate** to receive a prompt or practice to help you reflect and work with that part of yourself. Reflect aloud, journal, or simply sit with what arises.



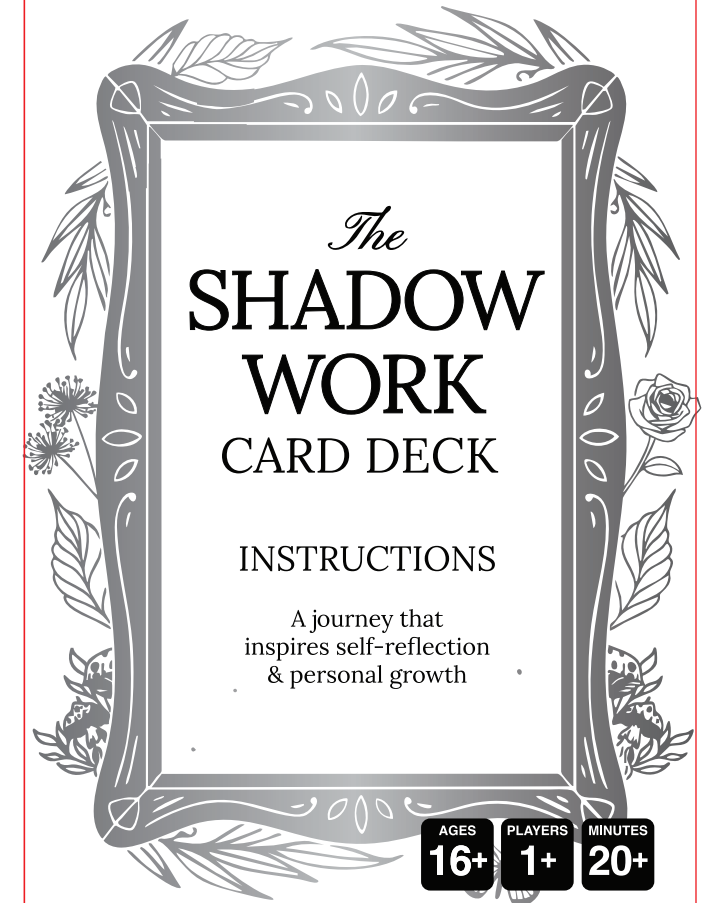
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Online support for this game may not
be available after December 31, 2028.

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150 Cards
1 Mirror Breath Work Card



INSIDE 5X7

OUTSIDE 5X7