

# SHADOW WORK QUIZ

Find Out How Much Your Shadow Self  
Influences Your Daily Life



## Take The Shadow Work Quiz

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▼ Prior to diving into the practical steps of shadow work, I encourage you to engage in a brief self-reflection "icebreaker" exercise. This will assist in evaluating and comprehending the level of influence your shadow self has in your life. Contemplate each question thoughtfully and select your responses candidly. It's important to note that interpretations may differ with each person.

**Circle your answers**

1. How often do you find yourself reacting emotionally without understanding why?
  - A) Rarely
  - B) Occasionally
  - C) Frequently
2. In dealing with criticism, which statement best describes your response?
  - A) Embrace it for growth
  - B) Get defensive or upset
  - C) Indifferent or neutral
3. Do you often feel like you have hidden aspects of yourself that you avoid addressing?
  - A) No
  - B) Sometimes
  - C) Yes
4. As a child, how did you typically react to not getting what you wanted?
  - A) Accepted it without much fuss

- B) Threw a tantrum or got upset
  - C) Manipulated or sought attention in other ways
5. When faced with a challenge, how do you usually respond?
- A) Face it and seek solutions
  - B) Feel overwhelmed and unsure
  - C) Avoid or procrastinate
6. How frequently do you catch yourself engaging in self-sabotaging behaviors?
- A) Rarely
  - B) Occasionally
  - C) Frequently
7. How do you typically handle mistakes or failures?
- A) Learn and move forward
  - B) Feel guilt or shame
  - C) Blame external factors
8. Do you often struggle with accepting compliments?
- A) No
  - B) Sometimes
  - C) Yes
9. During your teenage years, how did you handle peer pressure or societal expectations?
- A) Stayed true to yourself regardless of pressure
  - B) Struggled to resist and sometimes gave in
  - C) Conformed easily to fit in
10. Which best describes your response to stress?
- A) Manage stress well
  - B) Feel overwhelmed and resort to unhealthy habits
  - C) Unaware of stress levels
11. Do you sometimes feel like you're not living authentically, but you're not sure why?
- A) No
  - B) Sometimes
  - C) Yes

12. When making decisions, what plays a significant role for you?
- A) Logic and reason
  - B) Emotions and gut feelings
  - C) External influences or expectations
13. As an adult, how do you approach personal failures or setbacks in your career or relationships?
- A) Learn from them and move forward
  - B) Experience deep self-blame or shame
  - C) Attribute them to external factors and rarely reflect on personal responsibility
14. Do you have recurring patterns in your relationships that you can't seem to break?
- A) No
  - B) Sometimes
  - C) Yes
15. How do you handle feelings of jealousy or envy?
- A) Acknowledge and seek to understand
  - B) Feel consumed and struggle to overcome
  - C) Rarely experience these emotions
16. Which statement resonates with you regarding self-reflection?
- A) Regularly engage in self-reflection and learn
  - B) Find self-reflection uncomfortable or avoid
  - C) Rarely think about or analyze oneself
17. Do you have aspects of your past that you find difficult to forgive, either in yourself or others?
- A) No
  - B) Sometimes
  - C) Yes
18. Reflecting on your life, how do you feel about unresolved conflicts or regrets from the past?
- A) Have made peace with most conflicts and regrets
  - B) Carry lingering emotions and find it challenging to let go
  - C) Rarely think about past conflicts or regrets

## Scoring:

**Total the number of A, B, and C responses.**

**If most of your answers are in the A category = Little Shadow Self.**

- You have done a lot of healing work and rarely suppress your feelings. You seldom condemn yourself or carry guilt and shame from past experiences. Keep up the good work!

**If most of your answers are in the B category = Big Shadow Self.**

- Your big shadow self shows up and shows out often in your life bringing traits like depression, self-sabotaging words, and low vibrational energy with it. Regular shadow work is necessary for healing.

**If most of your answers are in the C category = Medium Shadow Self.**

- Your shadow self may go on hiatus at times and when you least expect it—BAM! It shows up out of the blue! It's letting you know that it's still there and needs to be addressed.

***Keep in mind results vary from person-to-person.***

**Let's Stay in Touch! Feel free to connect with me on my social media platforms:**

My Website: <https://thesoulspaonline.com/>

YouTube Channel: <https://www.youtube.com/@thesoulmentor>

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