

Facing *the* Shadow

A Journal for Self-Forgiveness
& Inner Healing



MASTERY_{OF} *Self*

Facing the Shadow: A Journal for Self-Forgiveness & Inner Healing

Introduction

A Message from Tanasha

Healing isn't about forgetting the past - it's about facing it with compassion and courage. You are not broken. You are becoming.

As you move through these pages, give yourself permission to be honest, gentle, and patient. The work you're doing isn't just about letting go of guilt or shame - it's about remembering who you were before the pain, and choosing, every day, to return to yourself.

This journal is an invitation to face your shadow self not with judgment, but with love. I trust in your ability to forgive yourself, rewrite your narrative, and stand in the truth of your worth.

Take your time. Your healing is not on a clock. But know this - your evolution begins with one act of self-love at a time.

With care,

Tanasha Wilkinson, MSW, BSW, RSW

Principal Social Worker, Mastery of Self Inc.

Understanding Shadow Work

What Is Shadow Work?

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Shadow work is the process of bringing awareness to the parts of ourselves we often hide, deny, or suppress - our fears, guilt, shame, and wounds. These aspects, formed from trauma, societal conditioning, or unmet needs, influence how we see ourselves and others.

Facing your shadow is not about fixing yourself. It's about meeting those hidden parts with compassion so you can reintegrate them into your wholeness. Only then can you truly evolve, with clarity, purpose, and peace.

Why Self-Forgiveness Matters

When you forgive yourself, you free yourself. You stop carrying burdens that no longer belong to the version of you that's trying to heal. Forgiveness isn't forgetting - it's the act of releasing yourself from shame and choosing to live with a new level of truth, softness, and strength.

Journal Prompts for Self-Forgiveness

Journal Prompts for Self-Forgiveness

1. What do I still carry shame or guilt for that I've never said out loud? Where did that belief come from?
2. If I could sit with my younger self, what would I tell them about the choices they made?
3. Whose voices do I hear when I judge myself? Are they mine, or borrowed from others?
4. What am I afraid will happen if I forgive myself?

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5. What does the version of me who has forgiven myself look like? How do they speak, move, love, and live?

Affirmations for Self-Compassion

Daily Affirmations for Inner Healing

- I am learning to forgive myself and give grace to the parts of me that once only knew how to survive.
- I no longer judge myself through the eyes of my pain.
- I release the shame that was never mine to carry.
- I am safe to grow, to feel, and to heal.
- My healing doesn't need to look perfect - it just needs to be true.

Dear Inner Me...

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Use this space to write a loving letter to the version of you who needed protection, safety, or understanding.

Tell them what they never heard but always deserved to.

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About the Author

About Tanasha Wilkinson

Tanasha Wilkinson is the Principal Social Worker at Mastery of Self Inc. She provides counselling services to individuals, couples, families, and youth. Her greatest passion is to bring healing to people who have been through traumatic/stressful experiences.

The goal for her clients is to help guide them into a healthy perception of themselves and strengthen their relationships with themselves as peaceful, gifted, wholesome beings.

Tanasha emphasizes the importance of self-care and consistency; the transformation begins when the work on the self is applied daily. She believes that letting go of the past takes time to unpack, just as there isn't a one-way approach that fits everyone.

With over 18 years of experience supporting youth and young adults, her goal is to guide her clients to believe that self-worth is the power to strive to be their best selves.

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She is a registered social worker with the Ontario College of Social Workers & Social Service Workers and the Ontario Association of Social Workers. She is also the author of 'Once Broken,' a story of her journey through depression and anxiety surviving sexual abuse.

"Our stories may sound similar, but the impact remains different."

Stay Connected

Connect with Tanasha Wilkinson

Website: www.masteryofselfinc.ca

Email: info@masteryofselfinc.ca

Instagram: [@mastery_ofself](https://www.instagram.com/mastery_ofself)

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