



*The*

# SHADOW WORK ARCHETYPES

## GUIDE

*REVEAL THE 4 ARCHETYPES THAT SHOW WHY YOU STAY  
STUCK*

[KARINGREENCOACHING.COM](http://KARINGREENCOACHING.COM)

# Welcome! I'm so glad you're here.



I meet so many people who feel stuck in repeating patterns. Patterns like getting into the same mismatched relationship, procrastinating on important work, feeling trapped in jobs they don't like, or fighting with the people they love.

These patterns, these problems in life, especially if they're occurring over and over and over again, point to the fact that there's something deeper going on.

And that's something deeper going on, what we like to call **shadow**.

The reason that these patterns have been going on for so long is because shadows are actually really hard to become aware of and to see.

Shadow Work® asks you to look at the **parts of yourself you've been avoiding**. Facing these parts (and our patterns) **isn't always easy**. It can bring up resistance, discomfort, or fear.

That's why we approach Shadow Work® through the lens of **four archetypes**, the Sovereign, Warrior, Magician, and Lover.

Each archetype represents **different strengths and challenges**. Together, they **give us a map for understanding** the unconscious forces at play in our lives.

Our **hidden aspects don't just sit quietly in the background**; they shape our thoughts, choices, and reactions **in ways we do not always realize**.

They **influence how you show up** in relationships, how you handle challenges, and even how much you trust or even like yourself.

I created this guide to **introduce you to the archetypes** so you can begin to bring them into the light. As you do, **you gain the power to make conscious choices** instead of being led by old patterns.

This is the first step towards real clarity, self-trust, and freedom.

Let's dive in.

*Karin Green*

## How is Shadow Work® so powerful?

When you become aware of these archetypes, you can begin to shift the patterns that have been in your life a long time, patterns like procrastination, relationships not working, or not liking work, because you can really get into your shadows to solve them. Instead of reacting as if you are on autopilot, you begin to recognize the deeper forces that influence your thoughts, emotions, and behaviors.

You will find yourself making more and more conscious choices rather than getting caught in the cycle of reaction.

Doing this inquiry allows you to access more of who you are and love yourself more fully. This work isn't about becoming someone new. It's about reclaiming the parts of yourself you've hidden or denied.

Instead of trying to become who you think you're supposed to be, you reconnect with a wholeness that's always been there.

The result? A profound shift in how you experience daily life—and how you shape your future.

# The Archetypes Create Freedom

We find our patterns through the lens of four archetypes - the Sovereign, Warrior, Magician, and Lover.

**Shadow work can feel overwhelming because, by definition, our shadows are hard to see.**

These archetypes give us a framework to understand ourselves, pinpoint patterns, and make conscious shifts.

*Think of it like driving a car.*

If two of your tires are **fully inflated** but the other **two are flat**, the ride is **rough**. You **might** still move forward, but it takes **far more effort**.

The same is true when we **lean too heavily** on some archetypal energies while **cutting ourselves off** from others. We end up **repeating old patterns** and wondering why things **feel so hard**.

*Each archetype has a role to play.*

When one **dominates, it drives your thoughts** and choices. When one is lacking or missing, you lose access to its strengths.

**The goal is to bring the archetypal energies into balance so you can move through life with more freedom, clarity, and choice.**

# Step 1: Journal to Reveal What's In Your Shadows

So let's dive in!

We'll start by seeing how the archetypes can help you transform your shadows.

To illuminate what might be in shadow for you, begin by getting in touch with what you want, then explore what seems to be getting in the way. The easiest way to get a glimpse of your shadow is to first know what you want, then get clarity on the obstacles. This will give you a roadmap to your shadows.

Before you move on -- **explore these questions:**

1. Get a pen and paper, or grab your journal.
2. Set your timer for 3 min.
3. Free-write your answers to these questions. (*Free writing means putting your pen to paper and writing whatever comes without editing, censoring, or pausing to think.*)
  - What do you want more of, and why?
    - Do you want more love, a partner, more money, a better career, a job where you are respected, a healthier lifestyle, better eating habits?
  - What is most important to you now, and why?
4. Set your timer for another 3 minutes
5. Write about everything that might be stopping you from having what you want. Don't pause, just keep writing.  
*Examples: feeling unworthy, procrastinating, avoiding conflict, worrying what others think, fearing rejection, or lacking energy, time or support.*

## Step 2: Reflect and Analyze Your Answers

Now that you've poured your thoughts onto the page, it's time to gently look back and notice the patterns.

### 1. Notice the gap.

Look at what you said you want, and what you wrote is standing in your way. The distance between the two often points straight to your shadows.

### 2. Spot repeating words and themes.

Circle phrases that come up more than once. Do you keep mentioning fear, not enough time, feeling unworthy, or other people's opinions? These repetitions are clues to unconscious patterns.

### 3. Pay attention to the tone.

Is your writing hopeful, self-critical, doubtful, angry, or resigned? The emotional "flavor" of your words reveals how your shadow influences your inner dialogue.

### 4. Look for extremes.

Shadows often show up as "too much" or "not enough." For example, overworking (too much Warrior) or never speaking up (not enough Warrior).

### 5. Name one possible shadow belief.

Behind the obstacles, ask: *What belief might be hiding here?* For example:

- "I'm not worthy of love."
- "If I don't do everything, it will fall apart."
- "It's not safe to trust."
- "I'm too much."

The gap between what you want and what's in the way is often where your shadows live. That's what we'll explore next - through the archetypes.

For example, if you want to have an open and loving relationship, you might notice that your fear of being hurt or betrayed is getting in your way.

Or, if what you want is financial abundance, you might notice that a shadow belief of not being worthy gets in your way.

Or if what you want is better eating habits, you might notice a pattern of not valuing yourself.

Or if what you want is a better career, you might notice that your inner critical voice keeps you working so hard that you risk burning out.

## Step 3: Identify What Shadow Archetypes Are Showing Up for You.

Read through the archetypes on the next page, and see which ones feel familiar and which feel distant.

### See if you can notice:

- Which archetypal energy feels **strong and supportive** in your life?
- Which archetype feels like it might be **working against you** right now?

For example, if fear of being betrayed is stopping you from a more open relationship, perhaps the Lover Archetype can help you be more vulnerable, and the Sovereign Archetype can support you with believing in yourself.

Or, if you want a new career, perhaps the Warrior archetype can assist you in finding the courage and action to go for it, and the Magician could help you strategize how to go for it.

You may quickly see how some of these energies shape your life, while others may be hiding in the background, waiting to be reclaimed.

## The Sovereign

The Sovereign allows us to support others, tap into our purpose and access joy.

The Sovereign in *shadow* becomes either over-controlling or a martyr.

You **might take on too much**, believing everything depends on you, or **hesitate to lead**, doubting your own worth.

Either way, your vision feels out of reach.

## The Warrior

The Warrior allows us to take action, have healthy boundaries, and assert our power in the world.

The Warrior in *shadow* fights every battle or avoids them altogether.

You **might push too hard**, becoming rigid and aggressive, or **hold back**, letting others walk over you.

Either way, your boundaries suffer.

## The Magician

The Magician allows us to be aware of our environment, gain perspective, and see the big picture.

The Magician in *shadow* gets lost in overthinking or controlling by manipulation.

You may **analyze everything** to the point of anxiety and paralysis, or feel stuck with no options.

Either way, fear keeps you from trusting yourself or others.

## The Lover

The Lover allows us to be spontaneous, emotional, open, and vulnerable.

The Lover in *shadow* clings too tightly or disconnects completely.

You may **lose yourself in relationships**, seeking validation, or **shut down** to avoid being hurt.

Either way, connection feels unsafe.

## Ask yourself: which archetype is at play or not for you?

Use the four archetypes as a lens:

- **Sovereign** – Am I doubting my worth or vision?
- **Warrior** – Am I avoiding conflict or pushing too hard?
- **Magician** – Am I overthinking, worrying, or feeling stuck?
- **Lover** – Am I clinging, shutting down, or fearing rejection?

## Step 4: Change your Negative Patterns for Good

These patterns don't define you & when you recognize them, you can shift them.

If you recognize aspects of yourself in the description of the archetypes that you find unpleasant, know that's to be expected. That's true for *all* of us – me included!

The thing to know is that these are simply **patterns and habits of behavior**, shaped by past experiences and reinforced by unconscious beliefs.

They hold the emotions, beliefs, and stories you've tucked away, often the ones that shaped your sense of self-worth, relationships, and awareness of choices.

**By nature, your shadows are hidden, but when you recognize them, you can shift them.** You can reclaim balance and step into a more authentic, empowered version of yourself.

**That said, shadow work isn't about quick fixes.** It's about deep transformation.

Maybe you've sensed it, **a gap between who you are today and who you know you *could* be.**

Left unchecked, your shadows will continue running the show from behind the scenes, keeping you stuck in the same patterns, the same frustrations.

If you desire to step more fully into your life, but something always seems to hold you back, this is your invitation to step into your future self.

# You don't have to navigate this alone!

If this resonates, I invite you to take the next step.

Book a [Shadow Work Clarity Call](#)—a private, no-pressure conversation where we'll explore where you are, where you want to be, and what's standing in the way.

During our session, I'll share how I can support you in reclaiming your hidden strengths and stepping into your full power. If it's a fit, we'll get you set up – but if not, that's okay too.

I want to support you in making the best decisions for yourself.



## [Click Here to Book Your Free Session](#)

Or, start right away with the Archetypal Workbook - a self-paced guide that provides journaling questions, activations, visualizations, and actions to take to help bring the archetypal energies back into balance.

It is a simple but powerful way to meet more of yourself with clarity and compassion

## [Click here to buy the Workbook \(\\$9\)](#)

Whatever step you take, I'm cheering you on.

Your shadows aren't problems → they are portals  
to an expanded life!



## About Karin Green



Karin helps people break through deep-seated blocks, whether around money, love, or self-worth, so they can step fully into their power and create the life they desire.

Her clients rave about the profound, life-changing transformations they experience, more financial flow, deeper relationships, and a newfound sense of inner freedom and confidence.

**She does this by using Shadow Work®, a powerful process that brings unconscious patterns to light, helping people reclaim lost parts of themselves and transform self-sabotage into self-support.**

Her programs include transformational workshops, personalized coaching, and the Shadow Wisdom Coaching Program, designed to guide individuals through deep, lasting change. She serves on the faculty of Shadow Work® Seminars, Inc. and is a lead trainer for both in-person and online Shadow Work training in the U.S. and Europe.

As the founder of Karin Green Coaching LLC, she is passionate about making Shadow Work accessible to people worldwide.

When Karin isn't busy empowering the world, she enjoys creating adventures with her husband of over 35 years, whether exploring new places or cooking dinner with family and friends.