



The
**SHADOW WORK
ARCHETYPES**
WORKBOOK

*GO DEEPER WITH GUIDED REFLECTIONS,
JOURNALING, AND EMBODIMENT PRACTICES*

KARINGREENCOACHING.COM

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

I'm Karin Green, and my mission is to help you transform your relationship with yourself through the power of Shadow Work® and transformational coaching.



Shadow Work® is the process of **uncovering and integrating the hidden parts and patterns of yourself**, both the wounds and the wisdom, that have been pushed into and buried in your unconscious.

These patterns were often formed as a way to **protect you**, shaped by past experiences, beliefs, conditioning, and trauma.

Over time, **what once kept you safe may now be limiting your choices** or keeping you stuck in unconscious loops.

This workbook is designed to help you **shine a light on those patterns**, bringing them into awareness so that you can **reclaim the parts of yourself** that have been forgotten or suppressed.

In this workbook, we will use the framework of four key archetypes, the Sovereign, Warrior, Magician, and Lover, to explore where you may be holding back and how to access new strengths.

Through guided exercises and reflections, you'll begin to:

- Identify the archetypes at play in your life.
- Recognize patterns that shape your choices and relationships.
- Reclaim the strengths and wisdom of each archetype.
- Make conscious choices instead of reacting from a wounded place.

This process isn't about fixing yourself - you are not broken!

It's about expanding your awareness so that you can step into a more authentic, empowered version of yourself.

Let's begin.

Karin



SECTION ONE

Ending the Negative Patterns In Your Life - For Good

*Use the Shadow Work®
Archetypes to create lasting
change*

Let's start with this question:

What are the negative patterns in your life that just won't go away?

If you're like most people, you've already worked hard to break these patterns. Perhaps you've journaled, set goals, created vision boards, tried self-help programs, or even sought therapy.

And still... something keeps pulling you back. We all have patterns that repeat in our lives, even when we're trying to change.

Let's get specific.

Here are some examples of **recurring negative patterns**:

- You keep falling for people who seem charming at first, but slowly withdraw, avoid commitment, or keep you at arm's length. You try harder, get anxious, and wonder, *"Why does this always happen to me?"*
- After an argument, you feel hurt but tell yourself, "It's not worth it" or "Don't make a big deal." Later, you feel invisible, misunderstood, or alone, but still don't say anything.
- You have ideas, you feel the pull to lead or create... but you keep shrinking back. You tweak your website for the tenth time or sign up for another training, hoping that *then* you'll be ready.
- You block off time to write, make art, or work on your side business, and then spend it scrolling, organizing your desk, or starting laundry. You feel guilty afterward, but can't seem to stop.
- You get a raise, and promise yourself things will be different this time. But a few months later, you're back in the red. You avoid looking at your bank account and feel a quiet shame.

If any of these sound familiar, you're not alone.

These patterns don't mean you're broken

They mean you're human. And they likely mean...

You're dealing with a shadow.

What Is Shadow?

The term "**shadow**" was coined by Carl Jung, who described it as any part of yourself that you've disowned, hidden, or pushed out of awareness, often for good reason.

Maybe you learned that being too emotional wasn't safe.

Or that standing up for yourself got you punished or ridiculed.

Or that being seen or successful made others uncomfortable.

So you pushed that part of yourself away.

But here's the thing:

You didn't get rid of it. You just buried it in your shadow.

And when something lives in your shadow, **it still drives your thoughts, emotions, and behavior**, you just don't realize it's happening.

That's why these patterns keep repeating, even when you're trying so hard to change.

You can't shift what you can't see.

Why Shadow Work® Works

Shadow Work is the process of bringing those hidden parts of you back into awareness.

When you do, you **take back your power**, because you can finally see what's been running the show behind the scenes.

And once you can see it...

You can heal it, reclaim it, shift it.

Instead of reacting unconsciously, you gain the freedom to choose.

One of my clients, let's call her Maya, had a dream of writing a book, but every time she sat down to write, she'd find herself scrolling, cleaning, or avoiding the page. She blamed procrastination.

In a Shadow Work coaching session, she remembered being humiliated in class for "doing it wrong." And discovered that a shadow part of her had decided it was safer not to try than to risk experiencing shame again.

Once she met that shadow part with compassion, the avoidance lost its grip.

The next week, she wrote for an hour, for the first time in years.

Shadow Work didn't make her perfect. It freed her up to write!

Where do our shadows come from?

Your shadow develops when, at some point in life, you decide: **"I am not going to be like that."** Maybe it was a childhood moment of shame, maybe it was something that didn't feel safe, something you got punished for, or maybe it was a message you internalized from family or culture.

We aren't born with shadows. As children, we have access to **all** ways of being. But as we grow, we start **closing doors** on parts of ourselves to fit in, to be loved, to feel safe. Over time, we forget those parts even exist.

This workbook helps you start unlocking those doors, **gently, with curiosity, and without blame.**

How Do You Recognize What's in Shadow?

- **Pay attention to your triggers.** The things that **irritate you most in others** are often reflections of what you've put into shadow. If someone's behavior really sets you off, ask yourself: *Where might I have disowned that part of myself?*
- **Notice your patterns.** If the same challenges keep showing up, whether in relationships, work, or self-worth, your shadow is likely playing a role.
- **Look at your archetypes.** If one area of your life feels overdeveloped (like always taking care of others but struggling to receive), another area is likely underdeveloped.

The Archetypes: Your Map to Balance and Choice

In Shadow Work, we use the lens of these four archetypes, **the Sovereign, Warrior, Magician, and Lover**, to spot where your shadows, or hidden patterns, live. When these archetypes are in balance, life moves more smoothly. You feel more grounded, confident, connected, and clear.

But when one archetype is overused and another is suppressed, it's like trying to drive with a flat or overinflated tire, things still move, but it takes much more effort.

This is where Shadow Work comes in.

Shadow Work helps you bring hidden parts of yourself back into awareness. Not to force change, but to give yourself back the **freedom to choose** how you want to show up in the world.

And **the archetypes** give us a reliable map for that process. Each archetype holds a different set of strengths, values, and life energies. Each also has a shadow side, ways it can go out of balance when wounded or disowned.

One of the most effective ways to recognize what's in shadow is to explore:

- **What archetypal energy do I rely on or express most easily?**
- **Which one feels unfamiliar, uncomfortable, or hard to access?**

As you read through the next section, notice which archetypes feel familiar, and which feel distant or even irritating. Those feelings are not random. They are revealing, and that imbalance is a clue.

Shadow Work starts with awareness. From there, it leads to integration, balance, and choice.

Let's explore each archetype in depth.

The next section is an overview of the archetypes, followed by a section with exercises for balancing each archetype. If you identify a strong reaction to an archetype, you may want to skip ahead to the exercises for that archetype.

The Sovereign

The Power of Leadership and Vision

The Sovereign is the part of you that **dreams big, leads with confidence, and creates with purpose**. It allows you to **stand fully in your worth and inspire others** through presence, vision, and integrity.

When balanced, **the Sovereign is compassionate, grounded, and self-assured**.

An **overactive** Sovereign may become controlling, overly responsible, or obsessed with external validation. You might feel like everything depends on you.

An **underactive** Sovereign hesitates to lead, doubts its worth, or avoids stepping into power. If you were taught that leadership is selfish or unsafe, you may hold this archetype back.

The **shadow** of the Sovereign includes self-sacrifice, martyrdom, or the belief that you aren't "good enough" to take up space. A common experience of a Sovereign in shadow is impostor syndrome.

Reclaiming the Sovereign means having a clarity of purpose and a sense of joy in the big picture that allows you to own your authority without needing to prove it.

It helps you trust your vision, step into leadership in any aspect of life, and manifest your dreams in a way that feels true to you.

[Skip to page 14 to Step Into Your Sovereign](#)

The Warrior

The Power of Boundaries and Action

The Warrior is the part of you that **stands strong, takes action, and defends what matters**. It's the force that **moves you forward and helps you claim space in the world** – it is the part of you that knows who you are.

When **balanced**, the Warrior takes action, gives you courage, and the ability to set and uphold boundaries.

An **overactive** Warrior may push too hard, becoming rigid, aggressive, or always on guard. You might feel like you have to fight for everything, even when it's unnecessary.

An **underactive** Warrior struggles to assert itself, leading to avoidance, indecision, or letting others walk over you. If you grew up in a space where standing up for yourself wasn't safe, you might suppress this energy.

The **shadow** of the Warrior includes defensiveness, rigidity, bullying, or fear of conflict.

Reclaiming the Warrior means learning to set boundaries without aggression and take action without fear.

It helps you stand in your power with strength, clarity, and purpose.

[Skip to page 16 to Embody Your Warrior](#)

The Magician

The Power of Awareness and Perspective

The Magician is your **ability to step back, see patterns, and shift perspectives**. It helps you to be **mindful of your surroundings, recognize possibilities, and navigate challenges** with wisdom.

When **balanced**, the Magician brings awareness, clarity, curiosity, and adaptability. You are aware of your environment and able to assess situations without overreacting.

When **overactive**, it can get lost in overthinking, overanalyzing, seeing danger everywhere, or trying to control outcomes through intellect or manipulation. If you rely too much on logic to feel safe, this archetype may block you from your emotions or deeper truth.

When **underactive**, you may feel trapped, unable to see a way forward, and unable to see what could possibly go wrong. You might struggle to trust your intuition or get stuck in endless problem-solving.

The **shadow** of the Magician includes avoidance, paranoia, and intellectual detachment.

Reclaiming the Magician means learning to trust both intellect and intuition.

It helps you see multiple perspectives, move through fear, and make decisions from a place of clarity instead of reactivity.

[Skip to page 18 to Magnetize Your Magician](#)

The Lover

The Power of Connection

The Lover is the part of you that **longs for deep connection, intimacy, and emotional openness**. It helps you connect with your emotions and others in ways that feel safe and fulfilling.

When **balanced**, it allows you to feel fully alive, open to love, trust, and pleasure. You are open to experiencing vulnerability and staying connected to yourself while connecting with others.

When **overactive**, the Lover can lose itself in relationships, seeking validation or struggling with boundaries. You might become overly dependent on others to feel whole, and overfocus on the need for experience and catharsis without discernment.

When **underactive**, you may shut down emotionally, avoid vulnerability, or feel disconnected from your own needs and desires. An underactive Lover does not trust their love, questioning if they're loving the "right" way, or avoiding vulnerability altogether.

The **shadow** of the Lover includes codependency, emotional withdrawal, or an overwhelming fear of rejection.

Reclaiming the Lover means recognizing that love, in all its forms, is worthy.

It's about allowing yourself to express love without fear of getting it wrong, trusting that your way of loving is, and always has been, enough.

[Skip to page 21 to Lean In To Your Lover](#)

SECTION TWO

How to Access Your Archetypes

Journaling & Exercises

Step Into Your Sovereign

Visioning Your Future

The Sovereign archetype is your ability to dream big, see possibilities, and lead with confidence.

It helps you step into your full potential and create a life that aligns with your values. When in balance, the Sovereign **inspires, nurtures, and uplifts** both yourself and those around you.

When in shadow, it can either become **overly idealistic**, dreaming without action, or **self-sacrificing**, constantly focusing on others while neglecting personal needs.

This exercise will help you **step into your vision with clarity and purpose.**

[Click here](#) (or scan the code) to listen to a guided visualization to connect with your Sovereign energy



Step 1: Accessing Your Vision

Find a quiet space. Close your eyes, take a few deep breaths, and **imagine your life five years from now.**

- If everything fell into place, what would you be doing?
- What kind of person would you be?
- What does your ideal day look like?
- Who is around you? How do you feel in this future version of yourself?

Let your imagination flow freely, don't filter or judge.

Step 2: Writing Your Vision

Set a timer for **10 minutes** and **write without stopping**. Let your future self **speak to you**. Use prompts like:

- "In my ideal life, I wake up and feel..."
- "I spend my days doing..."
- "I feel most alive when..."
- "What I love most about my life is..."

If writing doesn't feel natural, try **drawing your vision** or creating a **mind map** instead.

Step 3: Identifying Your First Step

Dreams become reality when action is taken. Look at what you wrote and ask:

- **What's one small step I can take this week to move toward this vision?**
- **What's holding me back from taking that step?**
- **What support do I need to move forward?**

Write down one **concrete action** you will take. It can be as simple as researching something, signing up for a class, or setting a boundary.

Step 4: Embodying the Sovereign Daily

For the next week, practice stepping into your **Sovereign energy** by:

- Standing tall and imagining **radiating confidence** like a leader.
- Speaking to yourself with **encouragement** rather than doubt.
- Take one small action toward your vision **every day**.

Your Sovereign is already within you. The more you **own your vision**, the more you create it.

Embodying Your Warrior

The Power of Boundaries

The Warrior archetype is your source of strength, decisiveness, and protection.

It gives you the ability to say **yes** when you mean yes and **no** when you mean no. It allows you to take action with clarity and hold firm boundaries without aggression or fear.

But when Warrior energy is out of balance, you may find yourself either too rigid, pushing too hard, always needing to be right, or too passive, avoiding conflict and letting others overstep your limits.

This exercise will help you **feel the power of your Warrior** in your body so you can respond, not react, when your boundaries are tested.

[Click here](#) (or scan the code) to listen to a guided visualization to connect with your Warrior energy



Step 1: The Warrior Stance

Find a quiet place where you can stand with your feet about hip-width apart. Slightly bend your knees, one foot slightly in front of the other, feeling your weight settle evenly. Imagine:

- A **rod** running through your spine, from the top of your head to between your feet, grounding you.
- **Roots** growing from your feet deep into the earth, anchoring you.
- A **shield of energy** around you, protecting your space.

Take a deep breath, feeling the strength of your stance. You are solid. You are unmovable. Start practicing this stance at home, then try practicing when standing in line, at the stove waiting for food to cook, in the bathroom before you go back to your daily activities, and with other people around.

Step 2: Recognizing Your Boundaries

Think of a recent time when someone **crossed a boundary**, maybe they interrupted you, ignored your needs, or pushed past your limits.

- What was the boundary that was crossed?
- Did you communicate it clearly? Did they know they crossed your boundary? How do you know they knew?
- How did your body react in that moment? (Did you tense up, shrink, get hot, go numb?)

Write down your observations.

Step 3: Strengthening Your Warrior Response

Now, practice responding with grounded Warrior energy. Imagine yourself back in that situation, but this time:

- Stand in your **Warrior Stance** as you **speak your boundary** aloud.
- Keep your voice steady and clear.
- Feel the strength in your body as you assert yourself.

If anger rises, **breathe into it**. Anger is just a signal that a boundary needs reinforcing or readjusting, or that there are unmet expectations. This isn't about reacting with force; it's about **stating your boundary from a place of power**.

Step 4: Embodying the Warrior Daily

For the next week, practice stepping into the **Warrior stance** daily.

Also, this week, notice where your boundaries are challenged. Each time, before reacting, **pause** and take a Warrior stance internally, even just planting your feet firmly can help you stay centered. Your Warrior is always with you. The more you practice embodying it, the easier it becomes to stand strong, hold your ground, and move forward with confidence.

Magnetizing Your Magician

Seeing Clearly Through Fear

The Magician archetype is your ability to step back, observe, and see the bigger picture.

It helps you detach from emotional overwhelm, analyze situations objectively, and recognize patterns. When balanced, your Magician allows you to make clear, informed decisions.

When in shadow, it can either **detach too much**, becoming cold, analytical, or paralyzed by overthinking, or it can **see dangers everywhere**, making you anxious and hesitant to act.

This exercise will help you **separate facts from fear** so you can respond wisely rather than react impulsively.

[Click here](#) (or scan the code) to listen to a guided visualization to connect with your Magician energy



Step 1: Identify a Situation Charged with Emotion

Think of a recent event that triggered a strong emotional response, maybe something that made you feel frustrated, anxious, or hurt. Write it down.

Now, break it into two parts:

1. **The Facts** – What objectively happened? Stick to what an outside observer would see.
2. **Your Interpretation** – What meaning did you attach to it?

Example:

- **Fact:** My friend didn't reply to my text.

- **Interpretation:** They must be upset with me.

Step 2: Challenge Your Interpretation

Now, ask yourself:

- **What else could be true?**
- **Am I assuming something without evidence?**
- **If someone else told me this, what advice would I give them?**

Write down other possible explanations. Maybe your friend was busy. Maybe they forgot. Maybe their phone died. Notice how quickly the mind fills in gaps with fear-based stories.

Step 3: Detaching from Fear

Fear is the gateway emotion to the Magician. When fear arises in your body, you can take a step back, detach, and notice what's going on around you. Instead of letting fear control you, **observe it with curiosity:**

- Close your eyes and **locate the fear in your body.** Where do you feel it?
- Imagine that fear as an object. What shape, color, or texture does it have?
- Instead of pushing it away, **breathe into it and let it soften.**

This practice trains you to **witness your fear instead of being consumed by fear.**

Step 4: Embodying the Magician Daily

Every day this next week, connect with your fear as an object in your body to strengthen your ability to hold fear, rather than be consumed by it.

Also, for the next week, whenever you feel fear or frustration, pause and ask:

- **What are the facts?**
- **What meaning am I adding?**
- **With curiosity, explore what's another way to see this?**

Your Magician isn't here to erase emotions; it's here to **help you see more clearly**. The more you practice, the easier it becomes to make decisions from wisdom, not fear.

Leaning Into the Lover

Accessing Emotional States

The Lover archetype is the part of you that allows deep connection, vulnerability, and openness.

When you are fully in your Lover energy, you can feel and express emotions freely without fear or shame.

But for many, emotions feel overwhelming, or they seem out of reach, buried under years of conditioning.

This exercise will help you develop a deeper relationship with your emotions, so you can access them intentionally rather than being controlled by them.

[Click here](#) (or scan the code) to listen to a guided visualization to connect with your Lover energy



Step 1: Identify an Emotion

Think of a time when you felt a strong emotion, joy, love, sadness, anger, or fear. Choose one that feels accessible. And remember a time when you had that emotion. Bring yourself back to that time.

- Where do you feel this emotion in your body?
- If it had a size, shape, or texture, what would it be?
- If it had a color, what would it look like?
- If it had a movement or sensation, how would you describe it?

Write down or draw your observations.

Step 2: Expand and Contract the Emotion

Now, close your eyes and focus on that sensation in that part of your body. Imagine it shrinking, fading slightly. Notice what is changing. Then, imagine the emotion expanding, growing in intensity. See if you can control how big or small it feels, just by focusing your attention.

Step 3: Call on Other Emotions

Repeat this process with other emotions. If you struggle to access an emotion, think of a memory where you felt it strongly. Let the memory bring the feeling to life in your body. If an emotion is overwhelming, choose a less intense memory - you decide on the volume of the emotion!

Some emotions may be easier than others. This is normal. Keep practicing. You are learning how to hold, shift, and regulate your emotions with intention.

Step 4: Embodying the Lover Daily

Now that you have started accessing your emotions intentionally, practice using this skill throughout the day. If you feel stuck in fear, can you call in a memory of courage? If you feel disconnected, can you bring in warmth or joy?

Your emotions are not something to fear or suppress. They are energy moving through you, and you have the ability to shift them. The more you practice, the easier it becomes to live with emotional awareness and choice.

Would you like personal support to reclaim parts of yourself so you can live more authentically?

[Click Here to Book Your Session](#)

Shadow Work (and this workbook) is an invitation to see yourself more clearly, to recognize the patterns shaping your life, and to reclaim the parts of you that have been waiting in the shadows.

My hope is that through exploring the four key archetypes more deeply, you've started to notice where you're holding back, where you're overcompensating, and where more balance is possible.

This isn't about fixing yourself or becoming someone you're not.

It's about expanding your awareness so you can move through life with more choice, more clarity, and more self-trust – becoming more of who you are.

And if this work stirs something in you, if you feel the pull to go deeper, you don't have to do it alone.

I invite you to book a [Shadow Wisdom Discovery Call](#), where we'll explore what's coming up for you and how you can begin to integrate these insights into real change.

During your session, we'll talk about where you are now, what's possible for you, and how I can support you in that transformation.





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 35+ years, whether exploring new places or making dinner with family and friends.