

the Shadow
WORK

STARTER KIT

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"It is only when we have the courage to face things exactly as they are, without any self-deception or illusion, that a light will develop out of events, by which the path to success may be recognized."

– I Ching

THE SHADOW EFFECT™ QUIZ

1. How long have you been working on the same issues, be they in the area of your career, health, intimate relationships or finances?
 - A. Less than 12 months
 - B. 1-3 years
 - C. More than five years
 - D. More than ten years
2. In the past 12 months, how many times have you misplaced something important, gotten a traffic ticket, had an accident, or destroyed something of value?
 - A. None
 - B. Once or twice
 - C. More than five times
 - D. More than ten times
3. How often do you feel phony, inauthentic, or find that it takes a lot of effort to get people to perceive you in a certain way?
 - A. All the time
 - B. Occasionally
 - C. Almost never
 - D. Never
4. If your friends, co-workers and family members were interviewed, would they say that you complain...
 - A. Seldom to never
 - B. Maybe once a day
 - C. Frequently
 - D. All the time
5. In the past 12 months, how many times have you said something that you later regretted, whether immediately or over time?
 - A. None
 - B. Once or twice
 - C. More than five times
 - D. More than ten times
6. After you've achieved a personal goal – reached your desired weight, paid off your credit cards, organized your home or office, etc. – which of the following emotions are you more likely to experience?
 - A. Relieved that you made it but wary that you may backslide into old behaviors
 - B. Entitled – you deserve a reward for all your hard work!
 - C. Motivated by your success and committed to keeping up the good work
 - D. Resentful that you had to work so hard in the first place
7. How often do you notice yourself feeling inadequate, not good enough, unloved, or unworthy?
 - A. All the time
 - B. Occasionally
 - C. Almost never
 - D. Never

8. On a scale of 1-10, how willing are you to speak your truth, even if it runs contrary to the opinions of others?
- A. 8-10; I am very willing to speak my truth.
 - B. 5-7; Most of the time I am willing to speak my truth.
 - C. 3-5; I am occasionally willing to speak my truth.
 - D. 1-2; I am almost never willing to speak my truth.
9. What is the primary focus of your life right now?
- A. Advancing my career, improving my health, building wealth, or deepening my relationships
 - B. Managing strained relationships or “putting out fires” at work and at home.
 - C. Making measurable progress toward my goals over a reasonable period of time.
 - D. Trying to avert or avoid immediate disaster in the area of my finances, relationships, health or career.
10. What percentage of the time can you count on yourself to keep your word and uphold your promises – whether to yourself or to another?
- A. Less than 10%
 - B. Less than 25%
 - C. About half the time
 - D. Most of the time
11. How much time each day do you spend gossiping – whether talking about someone you know, reading tabloids or watching gossip TV?
- A. None
 - B. Less than one hour a day
 - C. More than one hour a day
 - D. More than three hours a day
12. Which of the following statements would you use to describe your life?
- A. Most of the time, things work out fairly easily for me.
 - B. I have many talents and gifts, but do not use them to their fullest potential.
 - C. I am riddled by bad luck and find myself in one bad situation after another.
 - D. I have to work hard just to maintain the status quo.
13. How many hours a day do you spend working toward your long-term goals?
- A. None
 - B. Less than twenty minutes per day
 - C. An hour or more per day
 - D. You have no long-term goals
14. How frequently do you feel mistreated, misunderstood, or taken advantage of – in either your personal or professional life?
- A. Every day
 - B. Frequently
 - C. Occasionally
 - D. Seldom to never

15. When asked to do something that you have no interest in doing, you are most likely to...
- A. Say no with a clear conscience
 - B. Say no but feel guilty about it
 - C. Say yes but not follow through
 - D. Say yes but feel resentful about it
16. Imagine that your life is a house with many rooms – some you like, some you feel ashamed of. How many people do you allow to see all of your rooms?
- A. Nobody
 - B. One significant person – a spouse, lover, best friend, parent, etc.
 - C. A small handful of people know me that well
 - D. There are many people in my life who know me that well
17. When you feel hurt by someone or something, what do you tend to do?
- A. Keep it to myself
 - B. Reflect, forgive, and move on
 - C. Confront the situation head-on
 - D. Talk about it to everyone but the person involved
18. When you get an impulse or an idea about how to improve some aspect of your life, what do you do?
- A. Ignore it completely
 - B. Take a few steps in the right direction but rarely see the project through to the finish line
 - C. Tell myself that I'll "get to it one of these days"
 - D. Create a support structure around yourself to ensure that you take action.
19. The last time you found yourself with a block of unexpected free time, what did you do?
- A. Squandered it by catalog shopping, watching TV or surfing the internet
 - B. Used the opportunity to move forward on an important project
 - C. Relaxed and rejuvenated myself by taking a nap, meditating or reading
 - D. My life is so hectic that I can't recall an occasion when I had an unexpected block of free time
20. When you make a mistake, what are you most likely to do?
- A. Be gentle with myself and resolve to do things differently in the future
 - B. Put things in perspective by acknowledging myself for what I did right
 - C. Fall into a downward spiral of self-criticism
 - D. Interpret my misstep as evidence that I am incompetent, and stop

CALCULATING YOUR SCORE:

Below, circle which answer you chose for each question.

Question 1

A = 1, B = 3, C = 5, D = 8

Question 2

A = 1, B = 3, C = 5, D = 8

Question 3

A = 5, B = 3, C = 1, D = 0

Question 4

A = 0, B = 1, C = 3, D = 5

Question 5

A = 0, B = 1, C = 3, D = 5

Question 6

A = 0, B = 5, C = 0, D = 3

Question 7

A = 5, B = 3, C = 1, D = 0

Question 8

A = 0, B = 1, C = 3, D = 5

Question 9

A = 0, B = 3, C = 0, D = 5

Question 10

A = 8, B = 5, C = 3, D = 1

Question 11

A = 0, B = 3, C = 5, D = 8

Question 12

A = 0, B = 3, C = 5, D = 3

Question 13

A = 5, B = 3, C = 0, D = 5

Question 14

A = 5, B = 3, C = 1, D = 0

Question 15

A = 0, B = 3, C = 3, D = 5

Question 16

A = 5, B = 3, C = 1, D = 0

Question 17

A = 5, B = 0, C = 1, D = 5

Question 18

A = 5, B = 3, C = 3, D = 0

Question 19

A = 5, B = 0, C = 0, D = 3

Question 20

A = 0, B = 0, C = 5, D = 5

Total Score = _____ (calculate by adding up the answers you circled).

Then turn to the next page to discover how *The Shadow Effect* is at work in your own life.

THE SHADOW EFFECT™ ASSESSMENT:

If you scored between 3 – 37 points: You are in the neutral zone, which means that you are free (for now) from many of the internal beliefs and wounds that give rise to destructive behaviors caused by your shadow. You have high self-esteem, your actions are closely aligned with your values, and you are most likely making great forward progress toward your long-term goals. Keep on loving and listening to yourself.

If you scored between 38 – 75 points: You may not be experiencing the full weight and impact of the shadow at this moment, but you are likely expending a lot of effort to repress and hide parts of yourself and your life that you do not like. The energy you are using to keep things from spinning out of control – whether at work, at home, or with your health and well being – would be put to better use if it were directed toward achieving your goals and desires.

If you scored between 76 – 112 points: You either spend a lot of time and energy trying to manage other people's opinions of you, or you are deeply resigned about the conditions of your life. This is the shadow at work and it paralyzes you from taking corrective actions. If left unchecked, the internal chaos you are experiencing may lead you on a crash course for disaster. The good news, however, is that every act of self-sabotage presents an opportunity to awaken you to what is truly important. Open your heart, explore the shadow and you'll begin to see how your deepest pain, when digested and understood, is designed to lead you to your greatest destiny.

Shadow work is the work of the heart warrior. If you're ready for more love, more peace, more satisfaction, and more success, turn the page and continue your shadow journey.

THE SHADOW JOURNEY

Welcome to the Shadow Journey. If you're excited by *The Shadow Effect* and the possibilities for your own life, we invite you to take the next step toward transforming your past into powerful fuel for an inspired future.

STEP ONE

Uncover the power
of the human shadow



**THE SHADOW EFFECT
MOVIE**

[Buy the DVD](#) / [View ONLINE](#)

OR

Be brave and discover
the awesome power
of your shadow



**THE SHADOW EFFECT
SPECIAL INTERACTIVE EDITION**

[Buy the DVDs](#) / [View ONLINE](#)

STEP TWO

Step into your power, brilliance, creativity and dreams
by attending a Workshop or hiring a Certified Coach



**THE SHADOW PROCESS
WORKSHOP**

[Sign up to participate
LIVE or ONLINE](#)

OR



**THE SHADOW EFFECT
PRIVATE COACHING**

[Hire your private coach](#)

STEP THREE

Reach your potential.
Step into your light.



HELP OTHERS



**THE SHADOW EFFECT
PROFESSIONAL TRAINING**

Become a Certified Coach