

Shadow Work Prompts for Releasing Religious Programming

These prompts are here to help you gently explore the beliefs and patterns you inherited from religious teachings. Take your time with each one. There's no rush and no "right" answer. Let curiosity guide you, allow yourself compassion and remember that this is your personal journey. Each question is an invitation to see your truth, release what no longer serves you and reconnect with your own inner guidance.

What memories of childhood faith practices bring me comfort? Which bring me discomfort?

How do I define "sacred" for myself today, without outside authority?

What emotions come up when I think about questioning or rejecting what I was taught?

If I imagine the Divine looking at me right now, what do I expect They see? Where did that image come from?

Where do I still feel fear of punishment, even if I don't consciously believe it anymore?

How has my idea of "sin" shaped the way I view myself and others?

What labels (sinner, unworthy, broken, saved, chosen, etc.) were put on me and how do I feel when I release them?

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If I could write a new commandment just for myself, what would it be?

Where in my body do I feel tension when I think about breaking religious rules and what does that tell me?

Where do I still silence myself because of fear of being judged or condemned?

What gifts or spiritual abilities did I suppress because they didn't fit within my old belief system?

What does forgiveness mean to me now, beyond the version I was taught?



ILLUMINATE YOUR PATH

PANDA HEARTS