

Vicki Howie's Shadow Integration Process

1. Create a Shadow Integration Log. Take a piece of paper and make three columns. Title the first column "Who," the second column "What I felt" and the third column "How They Were Being." Then, every time you're upset or even slightly annoyed with someone, do the following in your log: Under "Who" write the person you are upset with. Then, under "What I felt" write your main emotion towards them. You'll probably find that angry or hurt will cover most situations. In the last column, write the word(s) that best describe(s) how you feel they were being. This is the judgment word and it is usually negative like rude, greedy, unfair, etc.

2. Take each of the qualities from the third column and practice saying, "I am (quality)." If you have someone who is willing to do this process with you, then you can have them say to you, "You are (quality)" and you can respond each time with "I am (quality)." Having a partner is very helpful, but if you don't have one, mix up your own repetition of the phrases by changing the way you say them. Consider whispering or shouting to help break your old patterns.

3. Find 2-3 examples of when you have demonstrated each of the "I am" qualities from step #2. Expect resistance here. Dig deeply into your memory. Look for even a secret moment when you may have had the quality but not acted on it. Or create a hypothetical scenario where you could imagine being that quality under different circumstances. For instance, very few of us could conceive of ourselves being violent. But if you imagine a situation where someone is threatening the life of your child, it becomes entirely possible to see yourself violently defending your child's life.

4. Now it's time to Scramble your language. Scrambling is meant to confuse you, so don't worry if it makes no sense. You don't want it to! Just see it as a verbal game. Use the Shadow Scrambling Script and fill in the blanks with either a shadow quality or the name of the "Who" person from your Shadow Integration Log or just use someone you know who has that quality. Read the script as quickly as you can. Once again, it's more powerful to have a partner read the script to you using "you" and then you replying with the pronoun "I," so work with one if you can.

You can read through the Shadow Scrambling Script several times if you'd like. When you're done, remain quiet for a while and just let it settle in. You can't force shadow processing. It could take hours or days for your psyche to shift. Your subconscious mind changes at its own perfect pace. At some point, you'll just notice that you're far less affected by the "Who" person who used to "push your buttons."