

shadow elements of the core archetypes¹

shadows of the warrior

Rebellion
Authority issues
Patterns of invisibility: “riding on the coattails of others”



Questions to reflect on:

1. In what parts of my facilitation practice have I experienced being a victim?
2. When have I been a rebel?
3. What parts of my facilitation practice have I experienced authority issues?
4. In what parts of my facilitation practice have I experienced patterns of invisibility?

shadows of the healer

The four addictions:

1. Addiction to intensity
2. Addiction to perfection
3. Addiction to need to know
4. Addiction to being fixated on what's not working



Questions to reflect on:

1. Of the four addictions, which of these do I often find myself attracted too?
2. Of the four addictions, has there been any one in particular in which I am already aware of the need to balance my energies drawing me towards this addiction?

shadows of the visionary

Self denial
Self abandonment
Projection : “a disowned part of ourselves on the way home”



Questions to reflect on:

1. When during my facilitation experiences have I felt that I have in some way abandoned myself?
2. Have there been times during my facilitation practice when I have noticed myself projecting my fears, failings, optimism or achievements onto others?

shadows of the teacher

Positionality
Judgement
Control



Questions to reflect on:

1. When I am at my best, do I feel like I have the elements of flexibility, trust and objectivity and discernment in balance? At my worst, do I feel I have become aligned and possibly unbalanced around positionality, judgement and control?

¹ (Sourced and adapted from Angeles Arrien's "The four fold way")
© Andrew Rixon and Simon Kneebone 2006