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"A man who is possessed by his shadow is always standing in his own light and falling into his own traps...living below his own level." [15] : 123 Hence, in terms of the story of Dr. Jekyll and Mr. Hyde , "it must be Jekyll, the conscious personality, who integrates the shadow ... and not vice versa.

"Owning Your Own Shadow" by Robert A. Johnson is a work in which the author lays out the Jungian theory of the shadow and brings new clarity to this subject. The persona is the image that the individual wants to present to the world. The persona is largely based on the material that is stored in the ego.

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Exercise #5: The 3-2-1 Shadow Process Step 1: . Choose what you want to work with. It's often easier to begin with a person with whom you have difficulty (e.g. Step 2: . Face it: Now, imagine this person. Describe those qualities that most upset you, or the characteristics you... Step 3: Talk to ...

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The fundamental process of shadow work is owning your projections . To own your projections, become conscious you are projecting onto others. Focus on what and who evokes an emotional charge in you. It doesn't matter what the emotion is; it's a clue you are denying something within you.

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