

EVOLVE

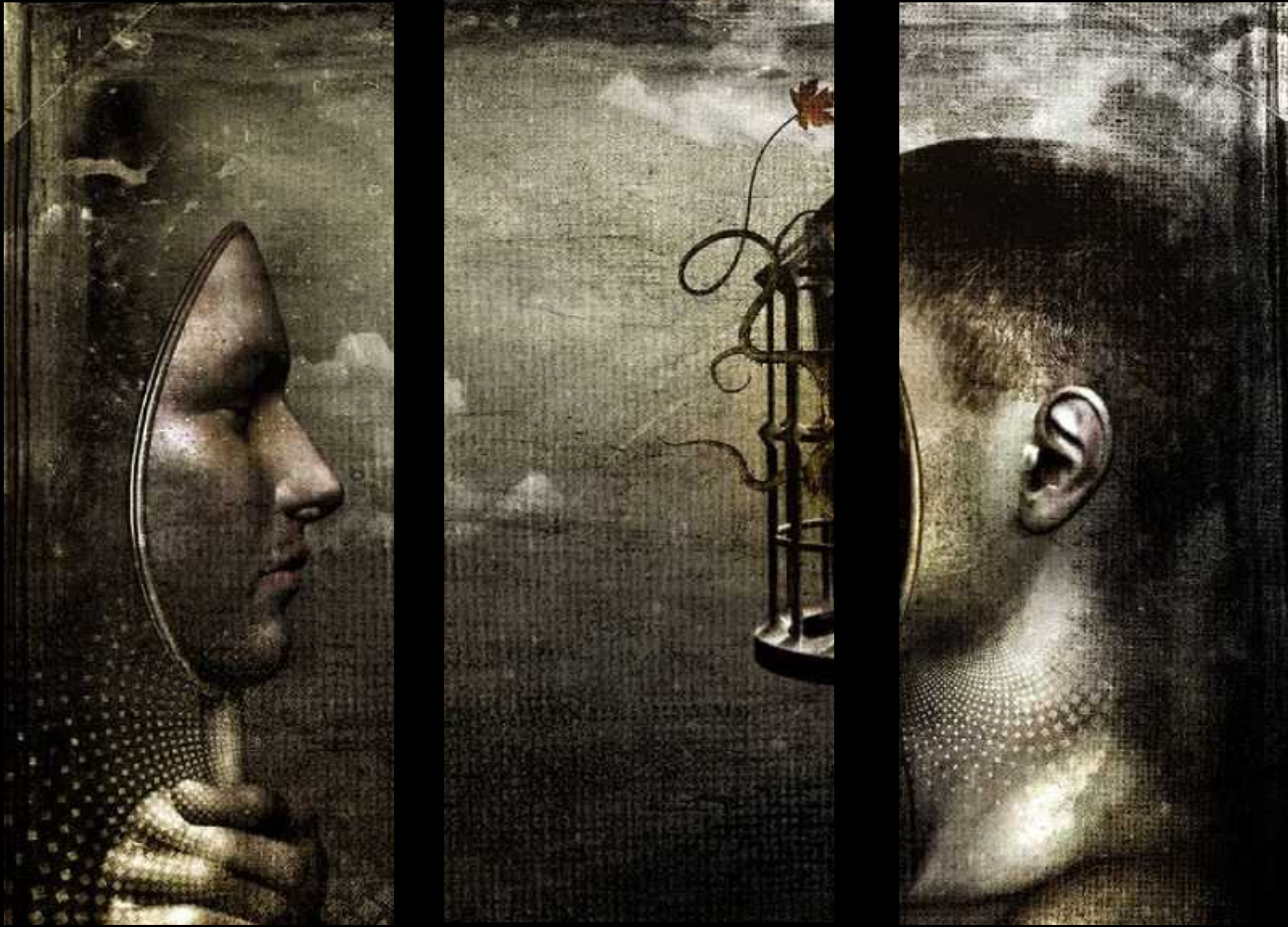
YOUR MIND

BEYOND THE VIDEO



EVERYONE CARRIES
A SHADOW AND THE
LESS IT IS EMBODIED
IN THE INDIVIDUAL'S
CONSCIOUS LIFE,
THE BLACKER AND
DENSER IT IS.

THE PERSONA



The persona is the mask we wear to present ourselves in a way that we believe will make us more appealing to others, while the shadow represents the darker parts of ourselves that we suppress.

By acknowledging the existence of our shadow and the aspects of ourselves we hide from others, we can integrate it into our personality for personal growth and well-being.

RESENTMENT



Resentment can be a gateway to identifying and connecting with our shadow side, which can help us grow and assert ourselves better.

By examining the reasons behind our resentment and identifying our immaturity or inability to stand up for ourselves, we can recognise and integrate the shadow aspects of ourselves that we've been suppressing.

INTEGRATION



Integrating the shadow into our personality is crucial for personal growth and self-preservation, as it helps us develop the ability to stand up for ourselves and set boundaries.

By recognising and accepting the aggressive aspects of ourselves, we can develop assertiveness and prevent others from taking advantage of us, contributing to a healthier sense of self-worth and overall well-being.

HARMLESSNESS



The misconception of harmless
equating to morality can lead to
becoming a pushover and allowing
others to manipulate us.

By developing the capacity for
mayhem and using it only when
necessary, we can maintain our moral
integrity while still standing up for
ourselves and resisting manipulation
by others.

CONSEQUENCES



Failing to integrate the shadow can have severe consequences, rendering us unable to resist external pressures and maintain our moral integrity.

By embracing our darker side and using it as a source of strength, we can develop the resilience and determination needed to navigate life's challenges.

This can help us avoid falling prey to external pressures, maintain our sense of self-worth, and live a more authentic and fulfilling life.

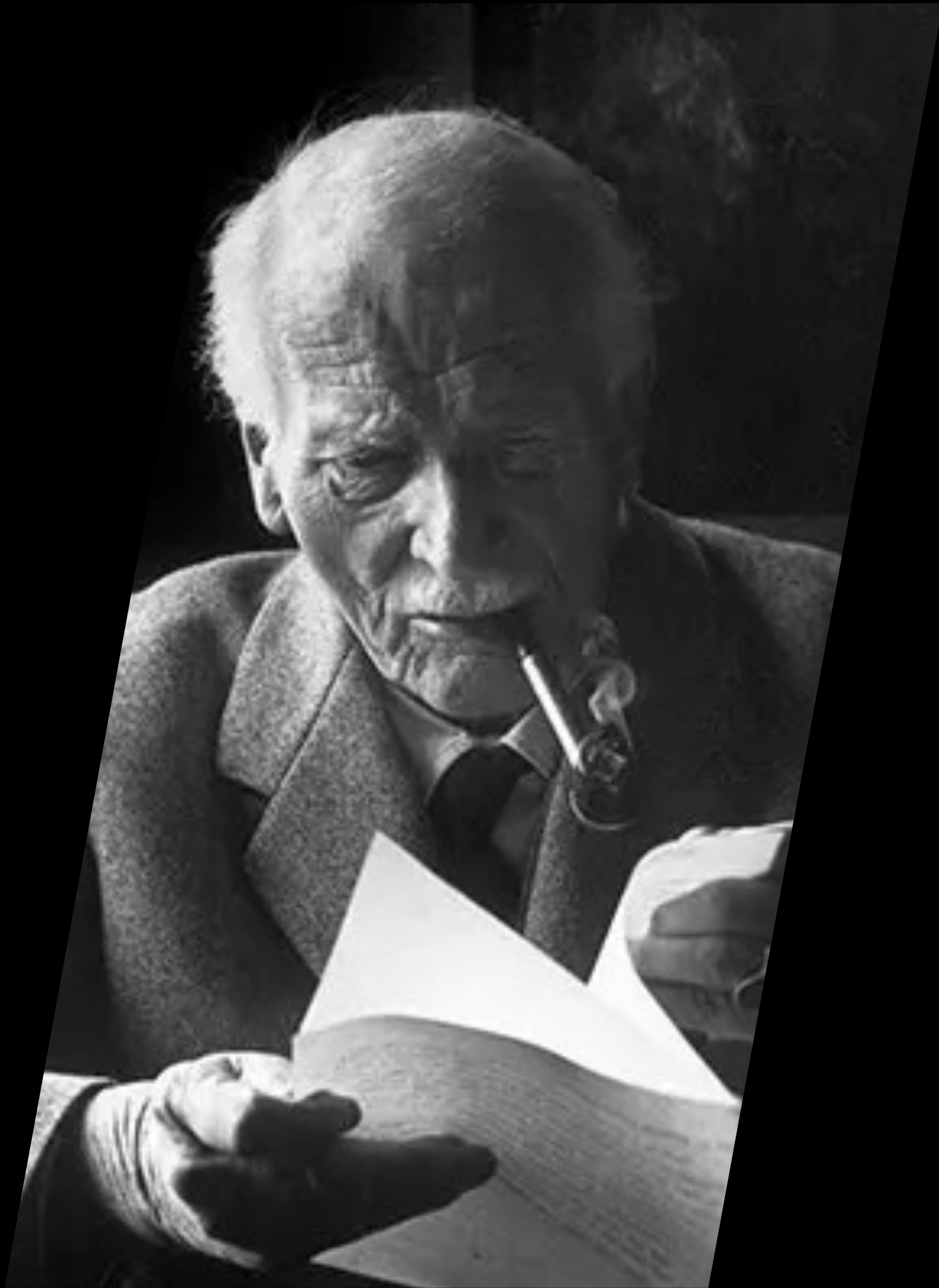
THE FEAR



Facing our fears and limitations is the path to true growth and transformation.

Dr. Peterson emphasises that the journey to personal growth and transformation is often difficult and frightening, but it is through facing our fears and limitations that we can find true growth and transformation.

By confronting our fears and limitations, we can develop our character and find wisdom.



**THE MOST
TERRIFYING THING
IS TO ACCEPT
ONESELF
COMPLETELY**

CARL GUSTAV JUNG

EXERCISE

1. How can you identify the aspects of your shadow side that you have been suppressing, and what steps can you take to integrate them into your personality for personal growth?
2. How can embracing your darker side help you develop the resilience and determination to resist external pressures?
3. What are some potential consequences of failing to integrate your shadow, and how can you use your darker side as a source of strength while still maintaining your moral integrity?

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