

The Shadow & Sun Child



Understanding your inner child through Stefanie Stahl's model

S.E.L.F. L.O.V.E. Transformational Project

About This Session

This session introduces the Shadow Child and Sun Child, the wounded and healthy aspects of our inner world shaped in childhood and still influencing us today. Understanding them is a doorway to deep compassion for yourself.

The Inner Child: Shadow and Sun

The Shadow Child holds the wounds of the past. The Sun Child holds our joy, spontaneity, and wonder. Both live within us simultaneously.

My Shadow Child Beliefs

The Shadow Child forms early core beliefs like "I am not good enough" or "I do not belong." List the beliefs you recognise in yourself.

Where My Shadow Child Shows Up

In which situations do you notice your Shadow Child reacting, overreacting, withdrawing, seeking approval, or protecting itself?

My Sun Child Qualities

The Sun Child is your natural, joyful self. List qualities, interests, and ways of being that feel genuinely YOU, not performed, not earned.

Heart Meditation Reflection

After the Heart Meditation, note: what did you experience? What emotions, images, or memories arose?

A Message to My Shadow Child

Write a compassionate message from your adult self to your Shadow Child. Start with: "Dear little one..."

Reflection Questions

1. Which Shadow Child belief has been running the show the longest?

2. What does your Shadow Child most need to hear from your adult self?

3. In which relationship does your Sun Child feel safest to come out?

4. What is one small way you can invite more Sun Child energy into your daily life?

My Notes
