

Shadow Homework

This homework has 3 Parts... Do them in the order that I have given them to you.

Part I – 5 minute writing activity

Think about each of the following questions and write down some notes for each:

1. Think of a person that you REALLY don't like. It's not because of something they did to you; it's more about the person that they are. List characteristics of this person.
2. Think of a person that you admire. Have this person be another person around your age that goes to school here (so not a celebrity or something like that). List the characteristics about this person that you admire.
3. Think about a time, or even a moment, when you acted completely out of character, when you looked at yourself afterwards and said something like "I wasn't myself" or "Who was that person?"

Part II – Read "The Long Bag We Carry Behind Us" by Robert Bly. Write a quality one-paragraph summary of the article (5-6 sentences).

Part III – Read "What is the Shadow in Jungian Psychology?" and write a quality one-paragraph summary of the article.