A white phoenix with large, feathered wings stands on a reflective surface under a full moon. The phoenix is the central focus, with its wings spread wide. The background is a soft, ethereal blue and white, suggesting a night sky with a full moon. The entire scene is reflected in the water below.

Unspoken: A Journal for the Words Cancer Tries to Silence

10 Prompts to Release Anger, Grief, and Guilt
No Filter, No Apologies

The Phoenix's Path

Shadow Work Journal

TABLE OF CONTENTS

01 Inner Reflections

02 Self-Identity

03 Mourning and Moving Through Grief

The Phoenix's Path

Shadow Work Journal



COPYRIGHT NOTICE

“All rights reserved. The use of any part of this publication, reproduced, transmitted in any form or by any means electronic, mechanical, photocopying, recording or otherwise, or stored in a retrieval system without the prior written consent of the publisher—or in the case of photocopying or other reprographic copying, license from the Copyright Licensing agency—is an infringement of the copyright law.”

The Phoenix's Path

Shadow Work Journal

Sometimes the things we most need to work on are things that we turn away from, or otherwise are in our blind spot. Shadow work is a way to sink deep into honest reflection and understanding of who we are – both the things that thrill us and the things we fear. Shadow work involves the process of exploring and integrating the unconscious or repressed aspects of ourselves. It involves delving into the parts of our psyche that we may have disowned or suppressed, such as our fears, insecurities, unresolved traumas, and negative patterns of behavior. Shadow work recognizes that we all have aspects of ourselves that need healing and integration, and only then can we be truly free to be ourselves. By engaging in shadow work, individuals can explore their personal shadows, the hidden and unacknowledged parts of themselves, and bring them into the light of awareness.

Inner Reflections





Our Light

Marianne Williamson has a famous quote
“Our deepest fear is not that we are
inadequate. Our deepest fear is that we are
powerful beyond measure. It is our light, not
our darkness that most frightens us.”

Who would you be with the thought that you fully believe in your light/power?





Byron Katie teaches “Our parents, our children, our spouses, and our friends will continue to press every button we have, until we realize what it is that we don't want to know about ourselves, yet. They will point us to our freedom every time.”



Mihaly Csikszentmihalyi wrote that “It is how we choose what we do, and how we approach it, that will determine whether the sum of our days adds up to a formless blur, or to something resembling a work of art.”



Adam Grant said “It's not making mistakes that causes failure. It's the time we spend ruminating about them instead of studying how to avoid them.”

What's something in your life that you think of as a mistake?



Self-Identity



illuminating the
Phoenix Within

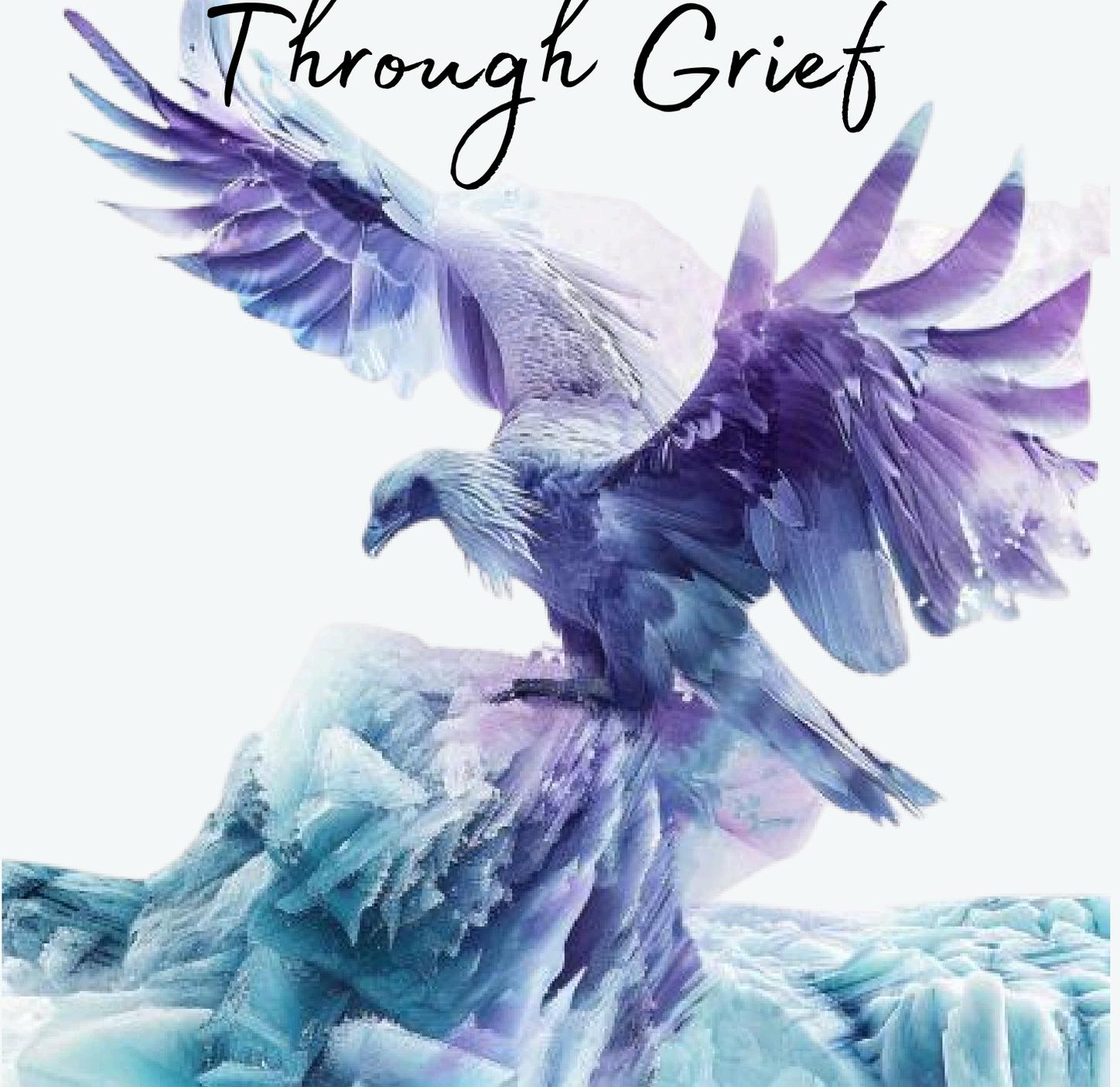
What are your passions and interests that define you?



Are there any aspects of yourself that you
hide or suppress?



Mourning and Moving *Through Grief*



illuminating the
Phoenix Within

“If we do not suffer a loss all the way to the end, it will wait for us. It won’t just dissipate and disappear. Rather, it will fester, and we will experience its sorrow later, in stranger forms.”

— Elizabeth Lesser



Being diagnosed with cancer introduces a big change into your life, a change that was not planned for nor wanted. The cancer journey starts with shock and denial – is this really happening to me?

As we process the reality of the cancer journey, coupled with shock and denial comes mourning and grief. We start to feel the change and understand the losses that have come and will come. The feelings of grief are strong and often overwhelming. Leaning into our mourning and grief helps us understand it, and understanding it helps us move through it.



Bridges identifies seven losses that are part of the change and transition process such as we experience on the cancer journey. These seven losses are:

1. Identity
2. Turf
3. Control
4. Structure
5. Future
6. Purpose
7. Attachments

Consider your cancer journey. On the next pages describe what losses you have experienced for each of these seven losses because you have cancer.

Elisabeth Kubler-Ross wrote “The reality is that you will grieve for ever. You will not ‘get over’ the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to.”



A Few Last Words

Cancer is terrifyingly real – the only thing I am aware of that is more powerful is love.

My hope for you, my gift to you, is that you'll be able to increase your capacity, your space, your experience with love. Being able to love what is - no matter what it is - on your cancer journey.

Wherever it takes you, in the ups and downs of your cancer journey, it's been my privilege to walk beside you.

I look forward to a continued walk, a continued association, and continued opportunities to learn from you and to share with you.

If we haven't already, connect with me on social media – and may there be the best road possible for your continued cancer journey.

Cancer is terrifyingly real
– the only thing I am
aware of that is more
powerful is love.



Steve Pedersen, MPH