

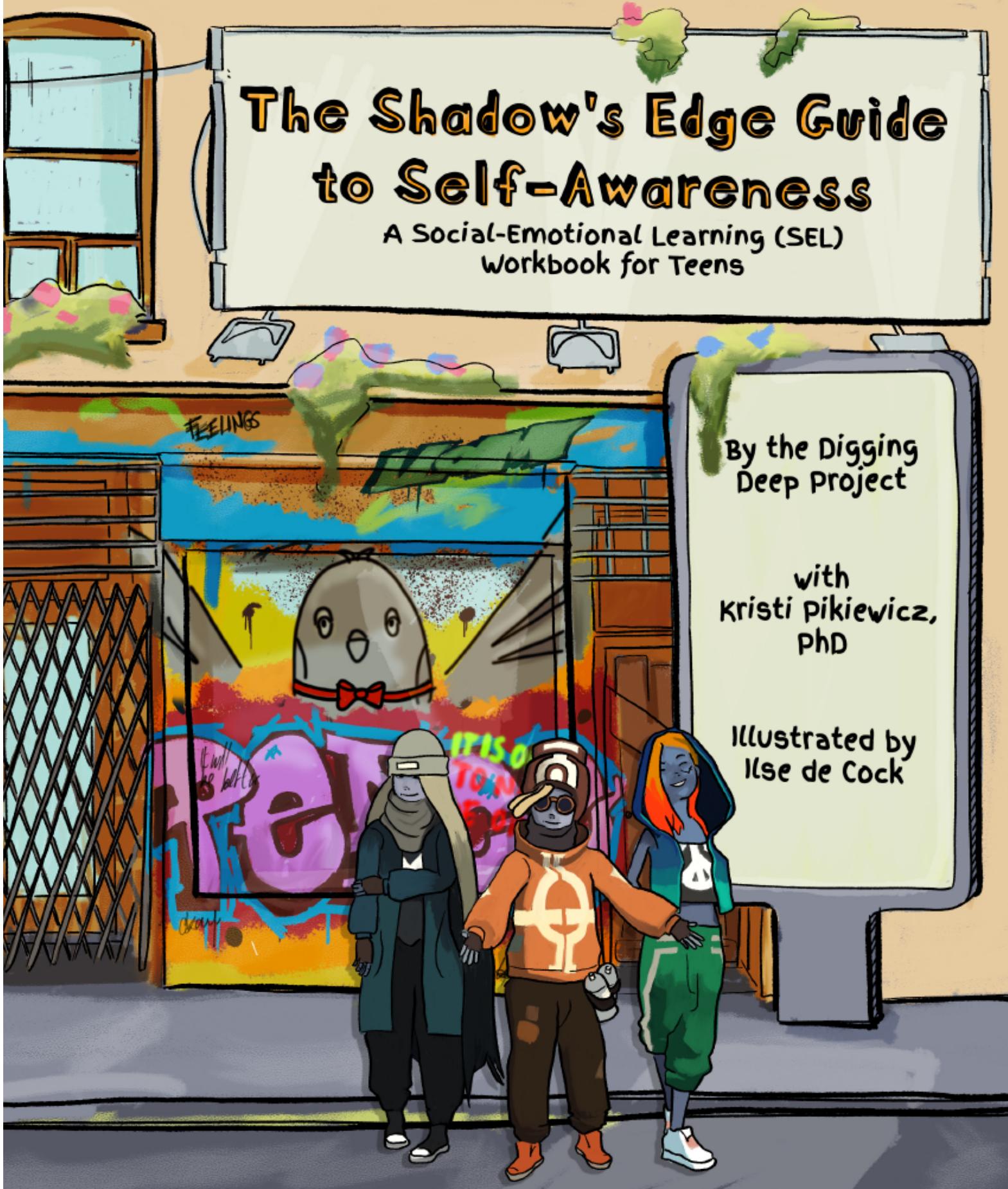
The Shadow's Edge Guide to Self-Awareness

A Social-Emotional Learning (SEL)
Workbook for Teens

By the Digging
Deep Project

with
Kristi Pikiewicz,
PhD

Illustrated by
Ilse de Cock



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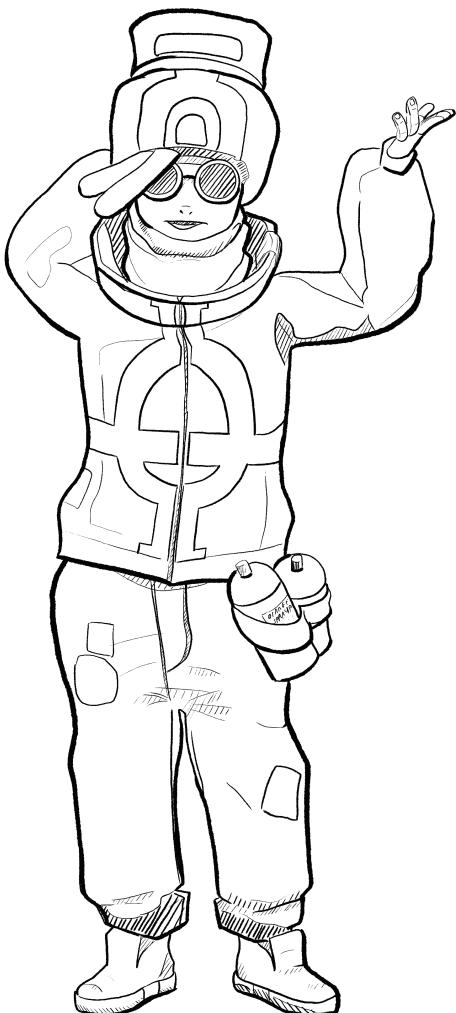
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Disruption

Hi, I'm Ty.

I used to know what it meant to be "Ty." But then the city of Shadow's Edge was hit by a storm and now I don't know who I am anymore. It's not like I got whacked on the head and have amnesia and forgot my name or anything. I just kind of don't know how I'm supposed to feel, or what I believe in... or what I can do to make things better. Anyway.

I'm your guide for this part of the journey – the Guardian of Disruption. For me, my disruption was the storm, but for you, it could be anything, or maybe not just one thing but a feeling like you're just kind of confused about...everything. I wish it could all be like it was before. I wish I could go back to being the person I used to be. Is that person gone forever? And if the person I used to be is gone, who does that make me now? What's next? Floating around here in the stage of Disruption feels like everything I was sure about turns out to be wrong. Maybe you feel that way, too.



Get it? No? Well, to tell you the truth, neither do I. But I know that later in this book, if you make it through the stage of Disruption, there are two more stages: Disillusionment and Discovery. Sometimes you end up jumping back and forth between these stages so if you want to flip to other sections of this book, go for it. If you're feeling it, maybe you want to check out a page in Disillusionment or Discovery and then when you feel disrupted again, come back and give me a visit.

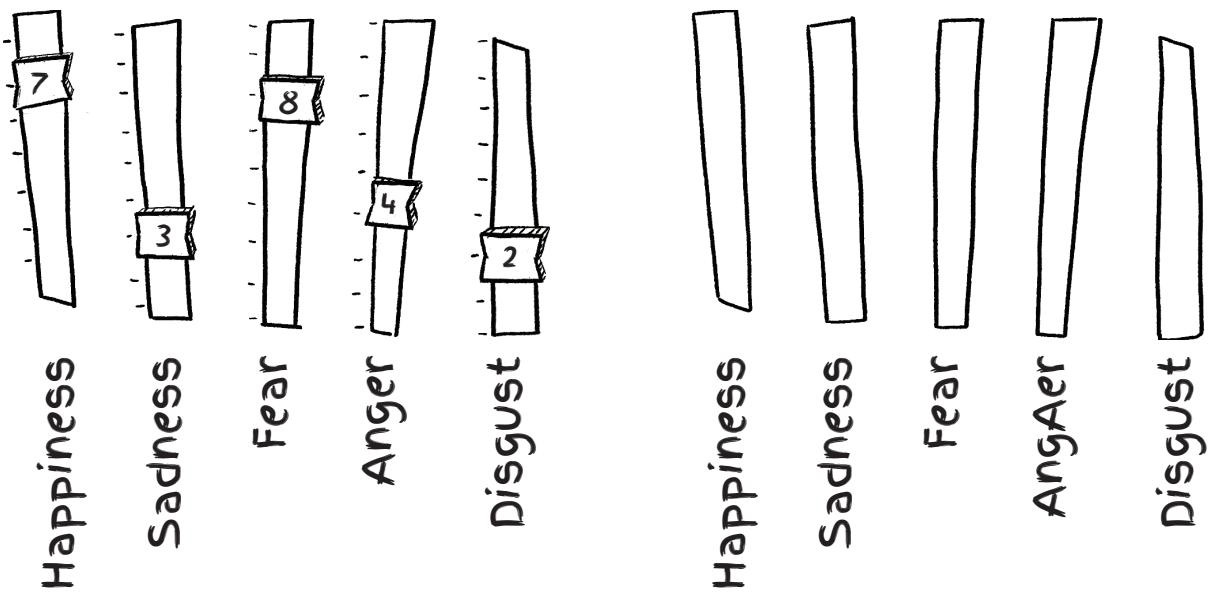
But for now, let's start in Disruption and see what happens. I mean, we don't really have a choice, do we? We're already disrupted. We're already wondering who we are. So we might as well try to figure it out.

In this section, I'll help you look at yourself a little better – maybe find out more about where you came from and how your past makes you who you are.

Follow me.
Let's get started.

Check in

You almost never feel just one thing at a time. Instead, your emotions are a mix – like a music mixing board with sliders for the six basic emotions of happiness, sadness, fear, anger, disgust and surprise. As you go through this workbook, use the “mixing boards” in the upper-right corners to check in with how you’re feeling. Just draw new sliders and number them to show what level you’re feeling each emotion (1 to 10). Since this is the first Check In there’s an example and also a blank mixing board that you can use to get started. On other pages, you’ll just see the blank mixing board. Give it a try: You don’t have to know exactly how you’re feeling, just ask yourself how “big” your emotions are and draw/number new sliders.



Introduce Yourself

Hey, since we just met, let’s introduce ourselves! Usually people say something like, “I’m a 15-year-old girl named Ty who lives in Shadow’s Edge and likes skateboarding.” But that’s just boring stuff. Let’s dig deeper and try another kind of introduction. Here, since you’re just getting started with this self-awareness stuff, you can fill in the blanks.

My name is _____

Something I’ve done that was really meaningful to me was _____

A person I love is _____ because _____

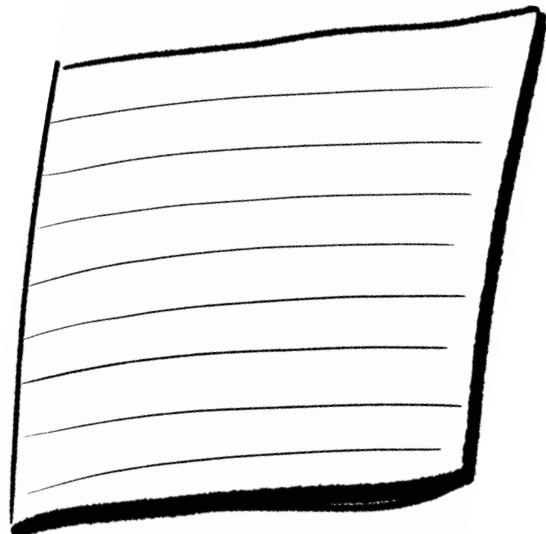
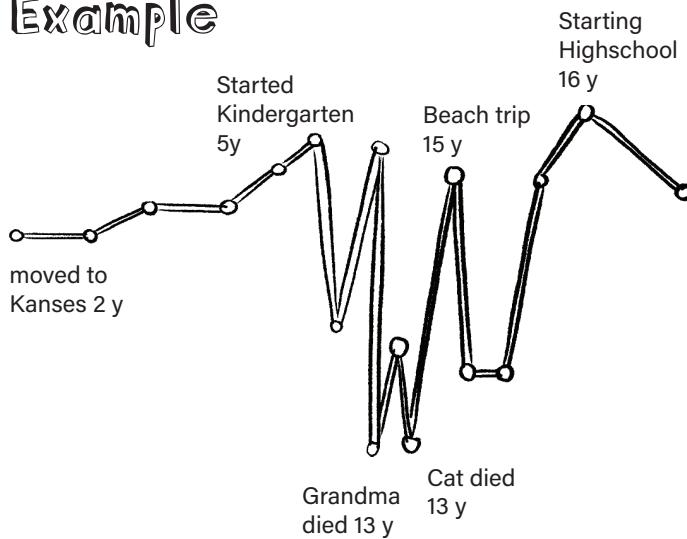
Sometimes I feel like _____

I’d like to work on being better at _____

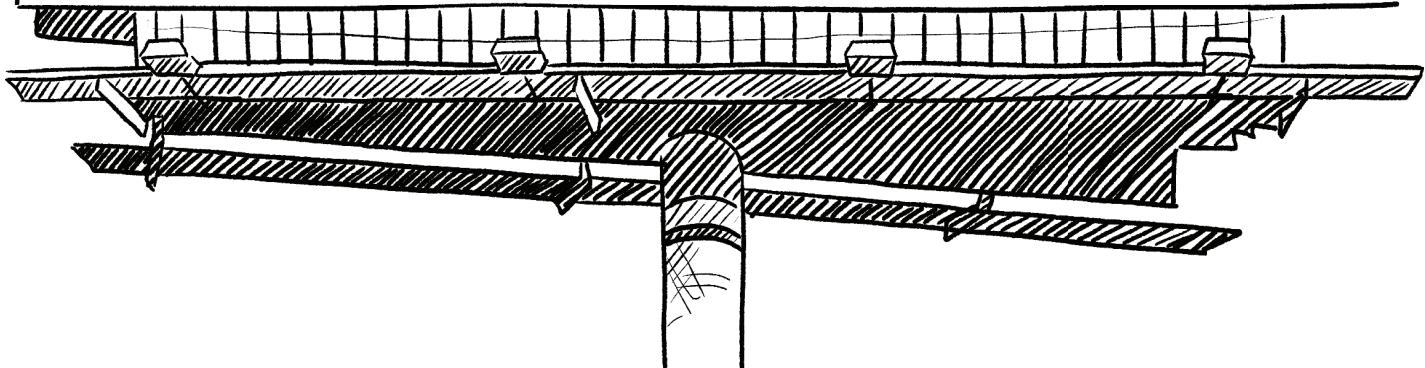
Lifeline

Make a timeline of your life – a “lifeline.” First, use the journal space to make a list of at least eight big events in your life. Did you move? Did you get a new pet? Did your family change? Did you lose someone you love? Some of these events are good and others maybe not so much. Now illustrate these events on your lifeline like the example.

Example

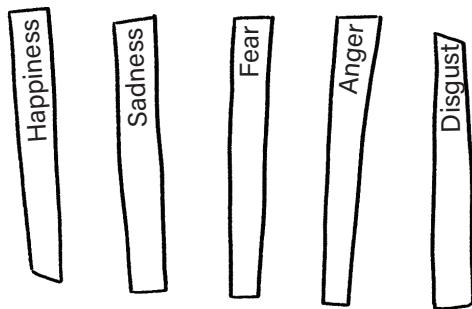


You



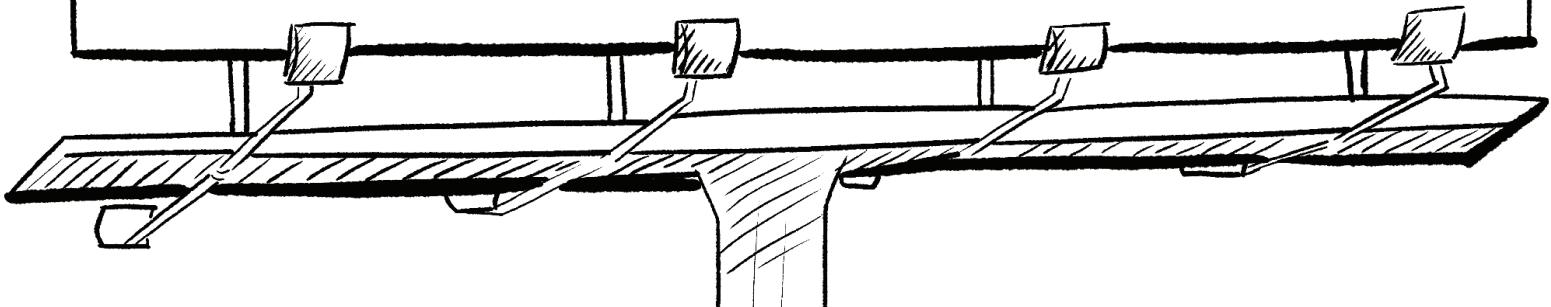
Outside-In and Inside-Out

How do other people see you? How do you see yourself? Make two illustrations. Don't feel like you have to paint the Mona Lisa! And if you want, you don't even have to paint yourself as a person at all. Feel free to express your feelings about yourself and how others see you any way you want. Then flip to the next page to write about what you drew.



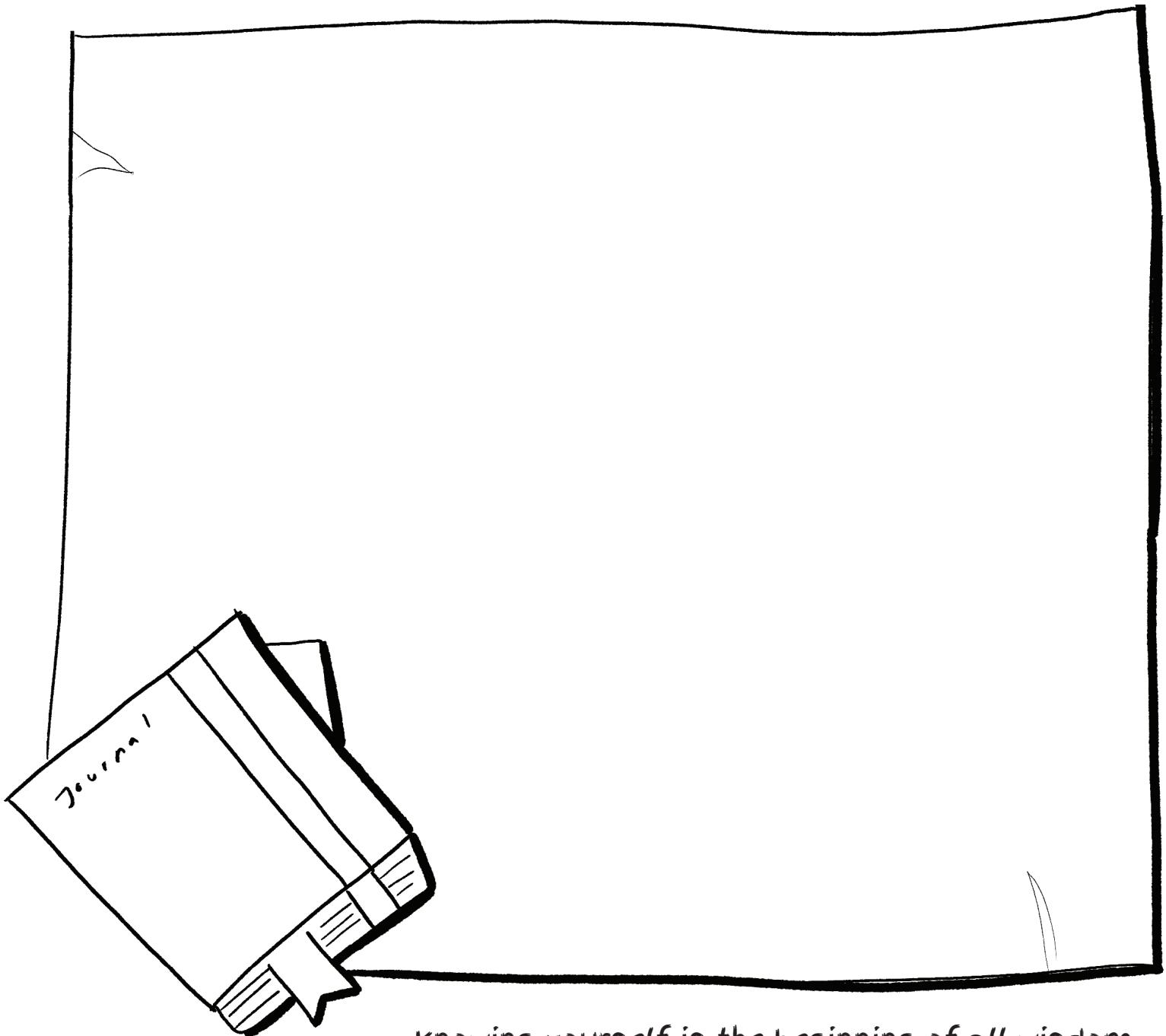
CHECK IN

“The purer the artist’s mirror is, the more true reality reflects in it.”
- piet Mondrian, 20th century abstract artist



Outside-In and Inside-Out

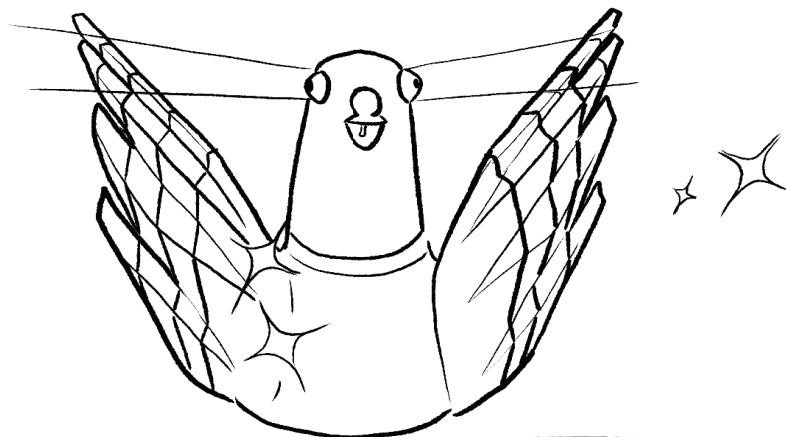
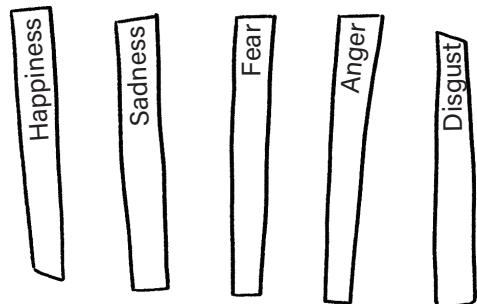
Look back at your drawings on the previous page. What differences do you see? Is one of your drawings more "beautiful" than the other? Is one more colorful or organized or careful? What do you think the differences in your drawings says about how you see yourself and how others see you? Take 10 minutes to write about these differences here.



Knowing yourself is the beginning of all wisdom.
— Aristotle, Greek philosopher

The sound of One Hand Clapping

For this exercise, you'll need a small piece of food like a raisin, a grape or a chocolate chip. Sit or lie down someplace without too many distractions. Breathe deeply and try to clear your mind. After reading each idea below, close your eyes and try to spend at least 30 seconds thinking only about that thing.

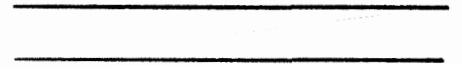
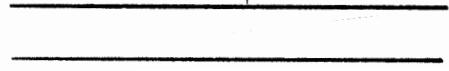
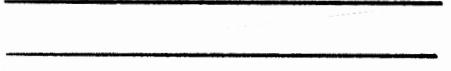
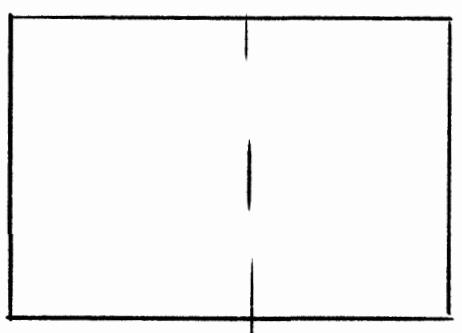
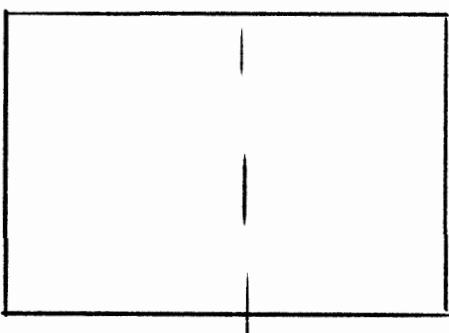
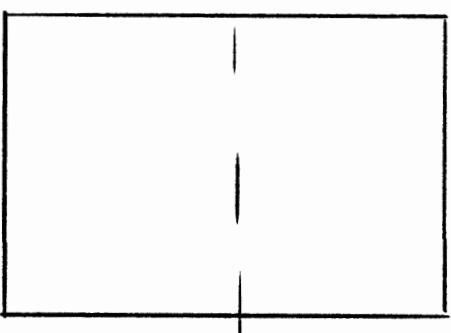
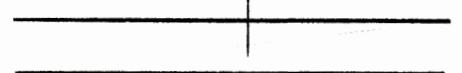
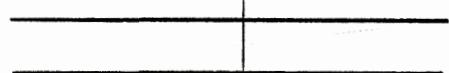
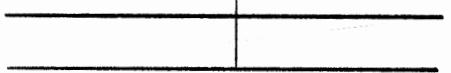
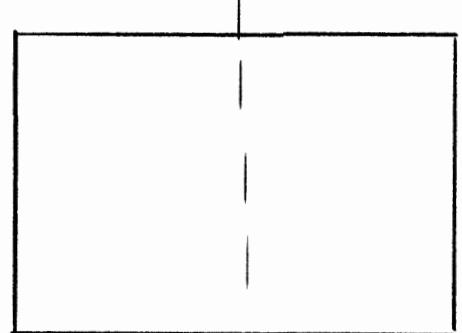
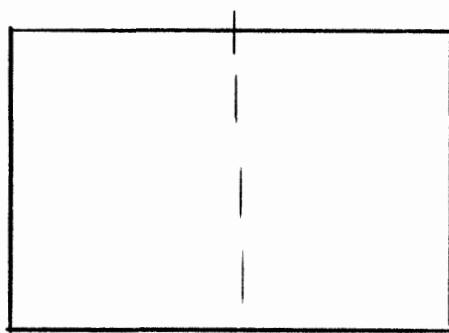
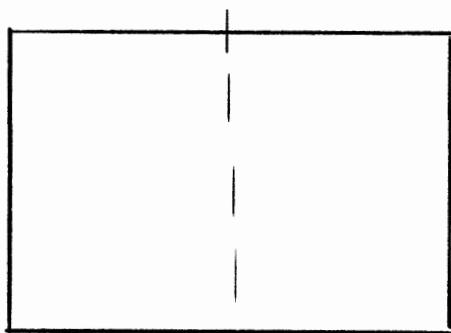
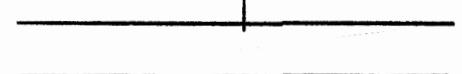
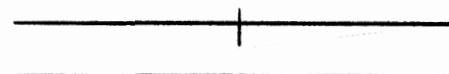
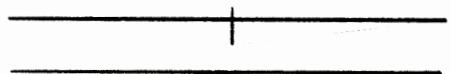
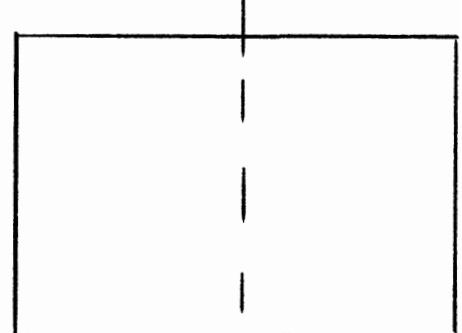
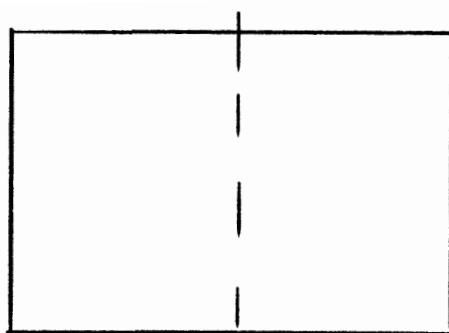
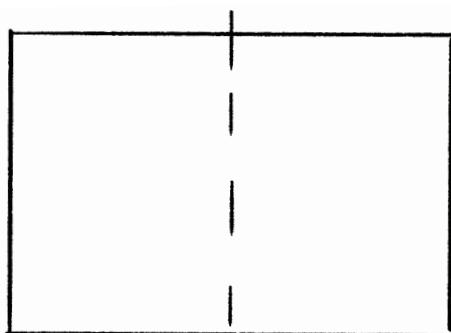


- What is the texture of your piece of food?
- How does it taste?
- See if you can smell the piece of food as you roll it around in your mouth.
- What other small and unique things can you notice about this piece of food?

“Everybody's at war with different things... I'm at war with my own heart sometimes.” – Tupac Shakur

Rorschach Test: Art

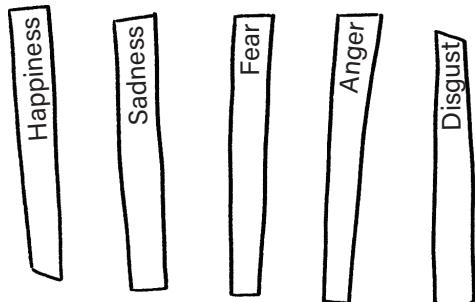
In this version of the famous ink-blot test invented by Swiss psychologist Hermann Rorschach, you'll explore what your interpretations of random shapes can tell you about your feelings. Fold this page along the first dotted line. Open the page and place a dot of paint in each of the three boxes along the fold. Close the page along the fold and press it tight to squish the dots of paint. Now open the page again and after letting the paint dry, use the first line under your squished dot to write what it looks like to you. Is it a cockroach or a smiling baby or the International Space Station? Do the same thing with the boxes along the second dotted line and once the paint is dry, fold, paint, squish, open and interpret the boxes along the third dotted line.



Rorschach Test: Journaling

Look again at your ink blots and how you interpreted them. Which blots did you see as generally positive and which did you see as scary, angry or generally negative?

For any blot you saw as kind of negative, write a new interpretation on the line below your first one. Could a zombie bat also look like a butterfly? Could a skull look like a smile? Now think about a time when you expected something to be awful but it turned out to be okay or even awesome. Spend at least 10 minutes writing about it here.

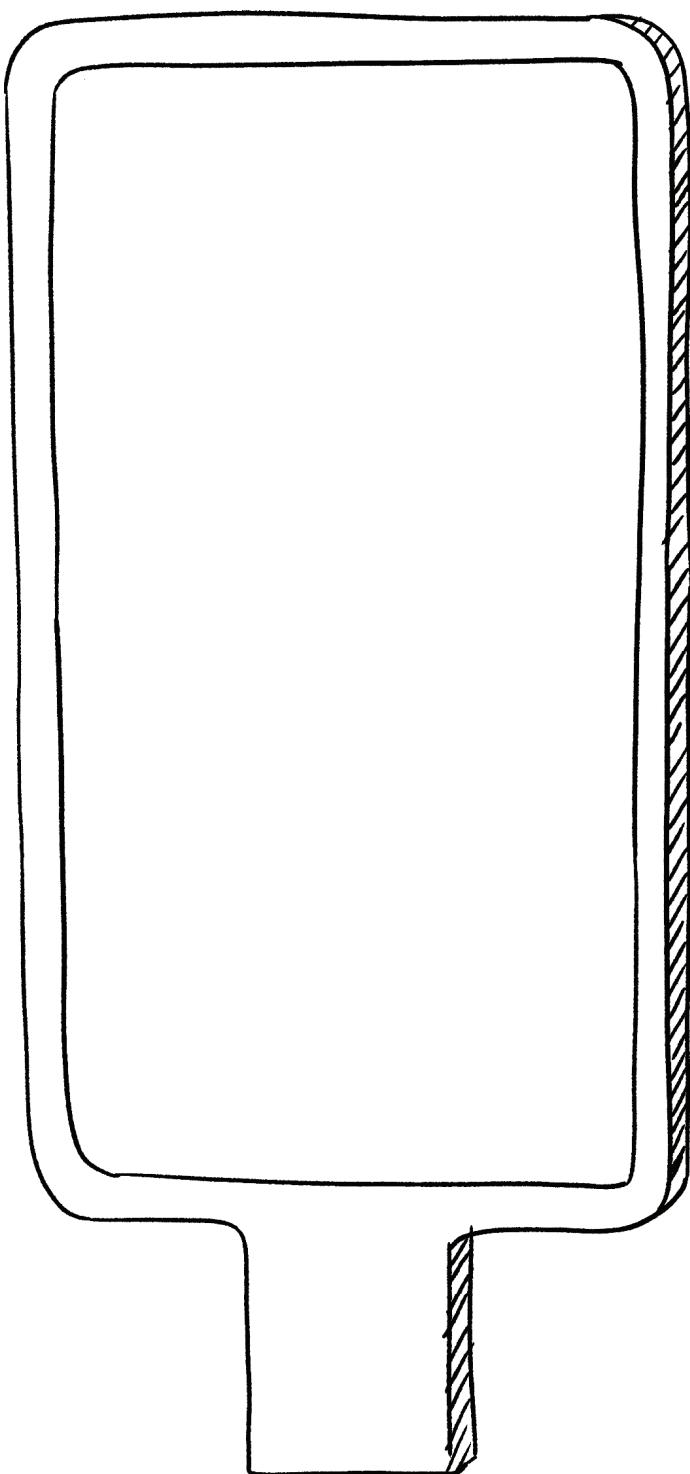


“Fear comes from uncertainty. We can eliminate the fear within us when we know ourselves better.”
— Bruce Lee, martial artist and actor



Family Tree

You've probably seen family trees with spaces for your family. But these aren't the only important people in your life! Use this space to illustrate the people who are important to you. Use the inspiration of a family tree and your own creativity to draw connections between people you care about and who care about you.



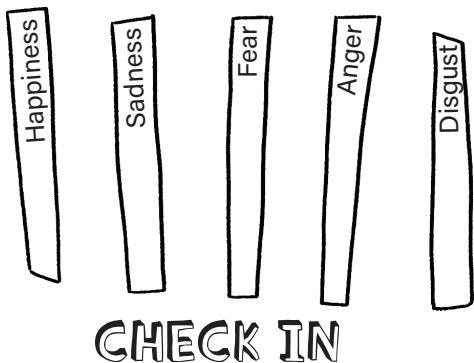
Deep thought of the day:
Do animals know they exist?

To find out, scientists do an experiment where they paint a red dot on an animal and then put the animal in front of a mirror. If the animal recognizes their own reflection and searches for the dot on their body, they pass the self-awareness test. Animals that have passed the Mirror Test of Self-Awareness include dolphins, orcas, magpies and many species of primates. Cats, parrots and octopi have failed.



The sound of One Hand Clapping

Sit or lie down someplace without too many distractions. Breathe deeply and try to clear your mind. After reading each idea below, close your eyes and try to spend at least 30 seconds thinking only about that thing.



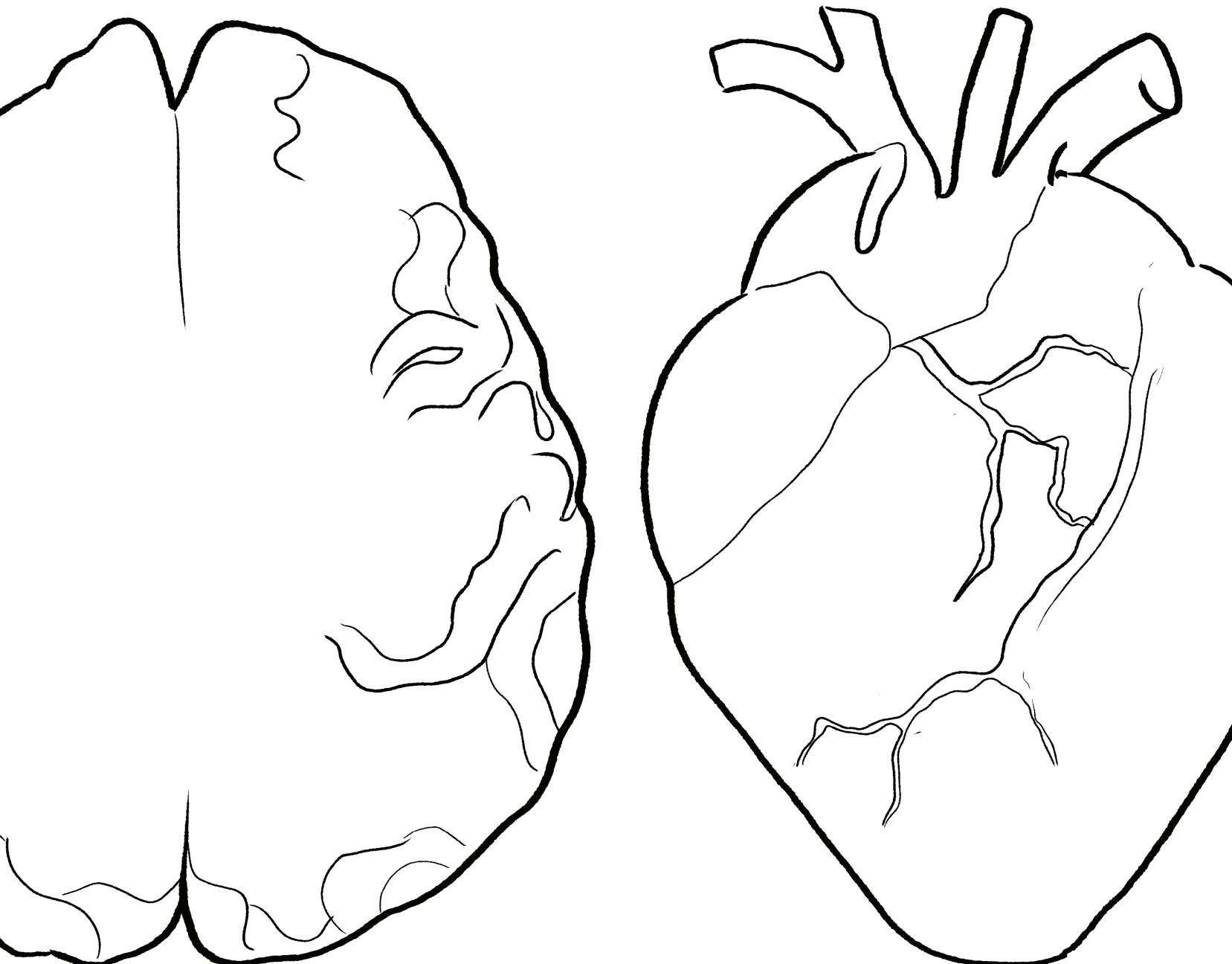
- Think about eating something disgusting. Can you use your mind to make your stomach feel nauseous?
- Think about eating and smelling something delicious. Can your mind make your body feel strong and healthy?
- Think about a random part of your body (like the first knuckle on your right, pinky finger) and imagine that it hurts or aches. Can your thoughts actually make this part of you ache?
- Think about another random part of your body and imagine breathing energy into it. Can you make this part of your body feel energized?
- Think about a time you did something that made you feel bad about yourself. What is this memory like in your body?
- Think about a time you did something that made you proud. How does this memory feel in your body?
- The way you think has the power to change the way you feel. Close your eyes and spend 30 seconds choosing what you think.



Things in my Head – my Heart

You know about brainstorming as in "coming up with ideas quickly," but sometimes it feels like there's a literal storm in your brain. It sounds weird to not think when thinking about the things you're thinking...but do exactly that. In the brain outline on this page, spend one minute listing as many things as you can that are going on inside your brain.

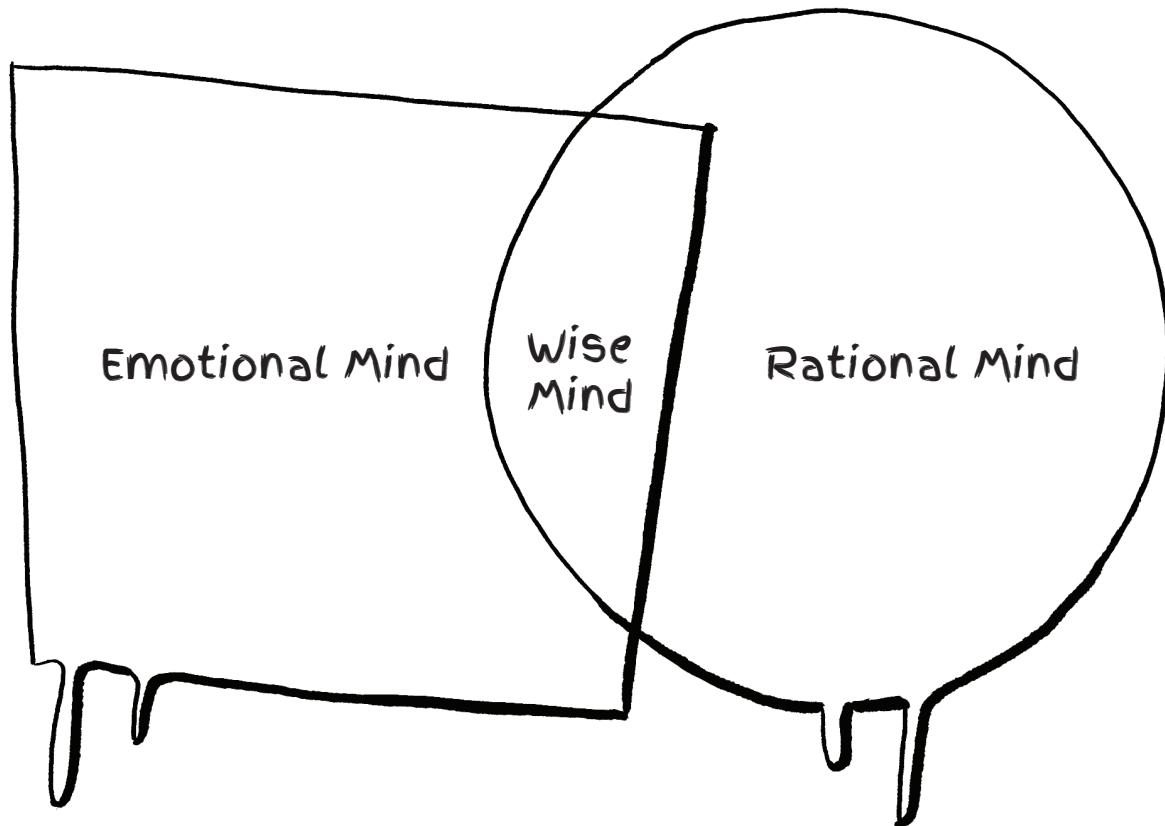
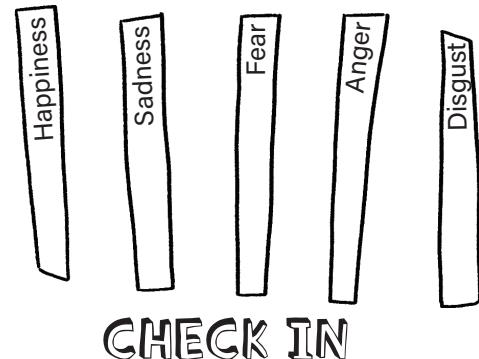
It's hard to know what's going on in your heart. So instead of one minute, spend two minutes filling in the heart outline with things you are feeling. You might list things like, "Worried about the bump on my dog, Ellie's, belly" or, "Excited to go fishing with my uncle this weekend;" or "scared I'm going to fail the geography test."



Rational, Emotional & Wise Mind

Sometimes we think without feeling or feel without thinking. That's using your rational mind or your emotional mind. And it's not always a bad thing to just think or just feel. Some problems require thought and others require listening to your emotions. For example, doing a math problem requires your rational mind, while experiencing joy engages your emotional mind.

Your wise mind is a combination of the two. When you use your wise mind, you listen to your thoughts and your emotions to come to a wise decision or course of action. Your wise mind might help you say just the right thing in a tricky situation, or it might feel like a sense of certainty and calm about a big decision. Think about times you have used these three ways of thinking – emotional mind, rational mind and wise mind – and list at least two of these times in each section of the diagram on this page.



Animal Breath

How do animals breathe? With their lungs, of course! But not all animals sound, look or act the same when they breathe. Spend 30 seconds focusing on breathing how you imagine each of the animals on this page would breathe. If you're someplace you won't distract people, include sounds. If you like, include motions. And don't get tricked by the whale! Think about it: When does a whale actually get to breathe?

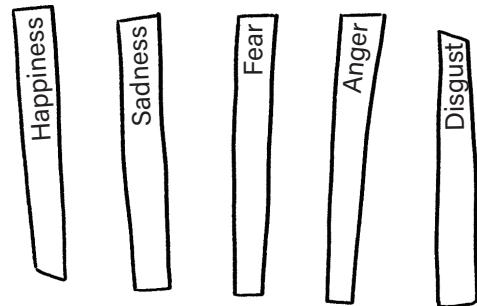


“At the center of your being you have the answer; you know who you are and you know what you want.”

- Lao Tzu, Ancient Chinese Philosopher and Writer

Body Breath

At its most basic, breathing is just pumping air in and out of your lungs. But there are many ways to do it. Spend at least 30 seconds practicing each of the following kinds of "body breathing".



Shoulder Breathing

As you breathe in, raise your shoulders. As you breathe out, lower them.

Belly Breathing

Keep your shoulders perfectly still as you expand and contract your belly with each breath.

Full Body Breathing

Breathe deeply and open your arms like you're getting ready to give someone a hug as you expand both your shoulders and your belly.

Deep, Deeper, Deepest

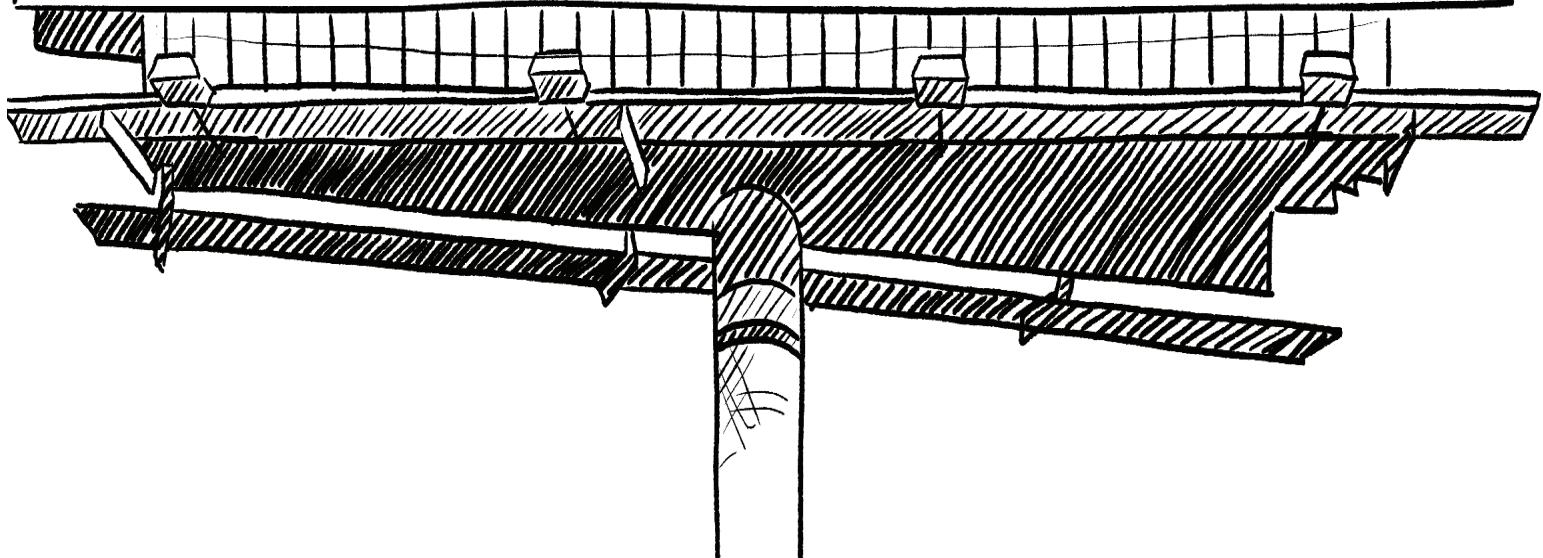
Your first breath is regular, your second fills your lungs and your third breathe fills your entire body with as much air as you can possibly hold.

Pressure Breathing

Breathe in through your nose and out through pursed lips (like you're silently whistling). Feel your breath pushing against the pressure of your lips.

Even Breathing

Try to make every breath exactly the same size. For added challenge, try to take exactly 5 breaths of the same size in a minute.



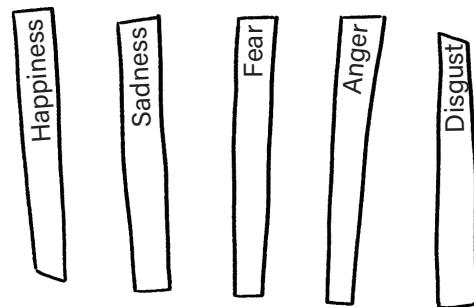
Things I Like, Things I'm Good At

We all have things we like and things we're good at... and we also have things we don't like and things we're bad at. But what about mixing it up: What are you good at that you dislike, and what are you bad at that you like? For example, you might be good at making small talk at a party, but not really like it; or you might not have learned to play chess very well yet, but secretly really enjoy it. After filling in this chart with at least three activities in each box, take a closer look. Do you need to spend energy on things you're good at even though you dislike them? On the other hand, do you dislike some things only because you're bad at them? And is it worth trying to get better at the things you like but aren't quite an expert at yet?

		Things I Like	Things I Dislike
Things I'm Good At			
Things I'm Bad At			
		Things I Like	Things I Dislike
Things I'm Good At			
Things I'm Bad At			

How I See Myself, How Others See Me

Okay, let's try another version of the 2x2 chart. After filling in this chart with at least three examples in each box, pay special attention to the untrue thoughts – both your own untrue thoughts about yourself and the untrue things that other people think about you. Some of these untrue things might be good! Like, people might think you're super successful at everything, when you don't always feel that way, yourself. But ask yourself: Is it really worth letting people think untrue things about you – good or bad! – if that's not really you? Think about what you could do to help others know who you really are.



CHECK IN

	Things That Are True	Things That Are Untrue
Things I Think About Myself		
Things Other People Think About Me		



Are you the same person you were 10 years ago? Of course not. But most people say they are going to be the same person 10 years from now. Researchers call this the "end of history illusion." You have always been changing. You will always change. Ten years from now, you won't be the person you are today.

The Wonderful Thing About Triggers

When you're in the stage of Disruption it can be hard to tell where your emotions are coming from. What emotion or state of mind seems to come out of nowhere more than you'd like? Maybe it's anger or depression or anxiety or distraction. An important step in moving through and past this state of mind is figuring out what puts you in that state of mind in the first place – psychologists call these things "triggers." Like, being hungry might trigger yelling at your sister. Or feeling left out might trigger playing six hours of online games instead of doing your homework. Use this log to find your triggers. When you feel yourself in that state of mind, flip to this page and fill out a row. As you fill in more rows, do you notice any patterns? Once you figure out what triggers your the emotion, you can work on dealing with or avoiding these things.

What emotion, state of mind, or emotion-fueled action seems to come out of nowhere and take over?



Date

Time

Location

Physical State

(food, sleep, exercise, etc.)

Emotional State

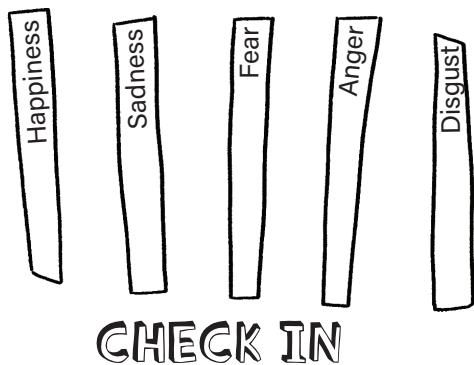
(stressed, excited, worried, etc.)

Who were you with?

What happened right before?

The sound of One Hand Clapping

Sit or lie down someplace without too many distractions. Breathe deeply and try to clear your mind. After reading each idea below, close your eyes and try to spend at least 30 seconds thinking only about that thing.



- Notice your toes. Feel your breath traveling from your lungs all the way to the tips of your toes.
- Imagine your toes dissolving as you move your attention up through your ankles, calves and legs. Give each part of your body at least one full, slow breath.
- Shift your attention inside your body to feel everything happening inside your stomach and chest.
- Keep moving your attention slowly through every part of your body, being curious about the sensations you find.
- Finish by moving your attention up through the top of your head and imagine it hovering above you for a full breath before dissolving as you open your eyes.



Check your Temperament Temperature

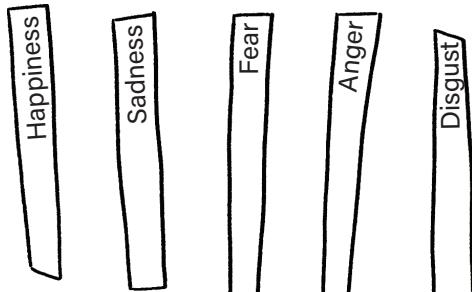
Your temperament is your usual mood – are you usually sad or happy, easy-going or high-strung, even-keeled or moody? People used to think you couldn't change your temperament, like it was something you were born with or that it was stuck by the time you stopped growing. Now we know temperament is like any other pattern or habit: While there are ways you usually act or feel, with work you can learn to act and feel new ways. You'll need a partner for this activity. Read the list of temperament descriptions and secretly write down four you would use to describe yourself and four you would use to describe the other person. Now compare lists. Talk about the ones you disagree on, for example, you might ask your partner why they chose "cheerful" to describe your temperament while you chose "gloomy".



“I think self-awareness is probably the most important thing towards being a champion.”
- Billie Jean King, American Tennis Player

Name it to Tame it

One reason it's so hard to know what you're feeling is you can't see or touch emotions. It's like trying to grab a handful of fog. So, let's make your emotions visible! In the spaces below, use colored pens or pencils to make illustrations for each emotion. Sure, you can draw a dark cloud for "depressed" and a smiling yellow sun for "happy," but before you do, ask yourself if that's really what these emotions look like to you. What very individual things in your life or your experience represent these emotions?



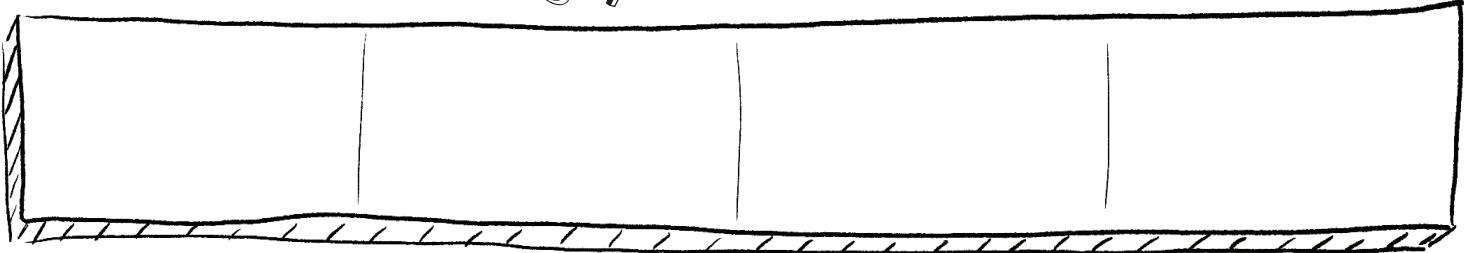
CHECK IN

Fearful

Angry

Anxious

Worried

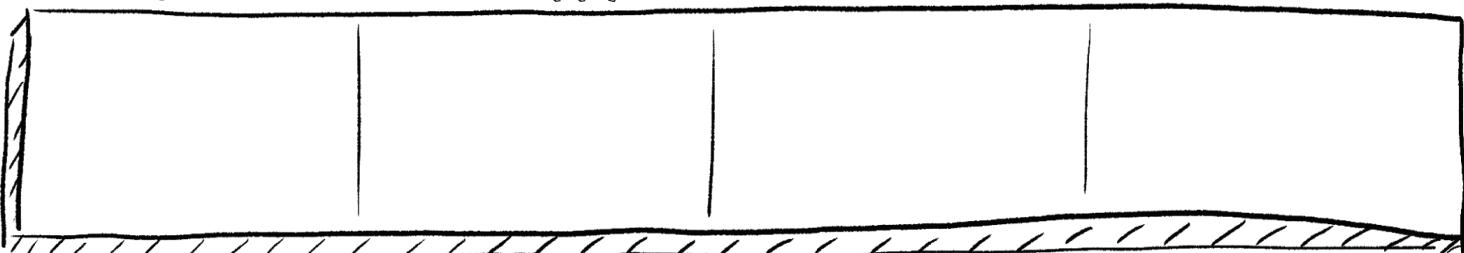


Disgusted

Happy

Afraid

Confident

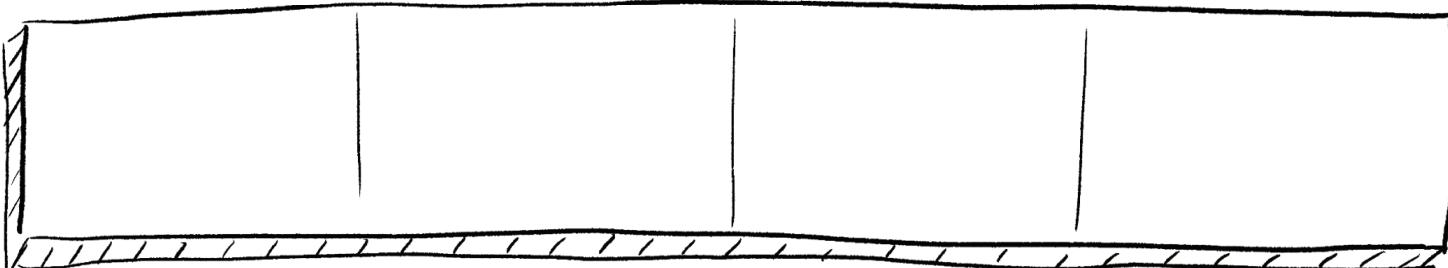


Stressed

Depressed

Sad

Shy



“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

— Carl Jung, Swiss Psychologist

Disillusionment

Does it seem like you'll always be stuck right where you are now? Like it's hard to even imagine understanding who you are and why you think, feel and act the ways you do? Yeah, it's like that for me, too. I'm Maize, the Guardian of Disillusionment.

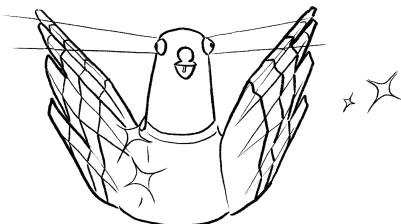
With Ty in the stage of Disruption, you looked mostly at the past. Now in Disillusionment, we're going to look mostly at where you're at right now. I know I don't feel like I'm in a perfect place right now – yeah, I'm kind of disillusioned. And in this section, you don't have to pretend like you're in a perfect place, either.

If you're feeling stuck, feel it! If you're feeling sad or angry or depressed, let yourself feel those emotions. Nothing goes right all the time. And when things go wrong, it's natural to feel disappointed or confused.

Let's sit with Disillusionment a second. And then hopefully you'll be ready to move on to Discovery.



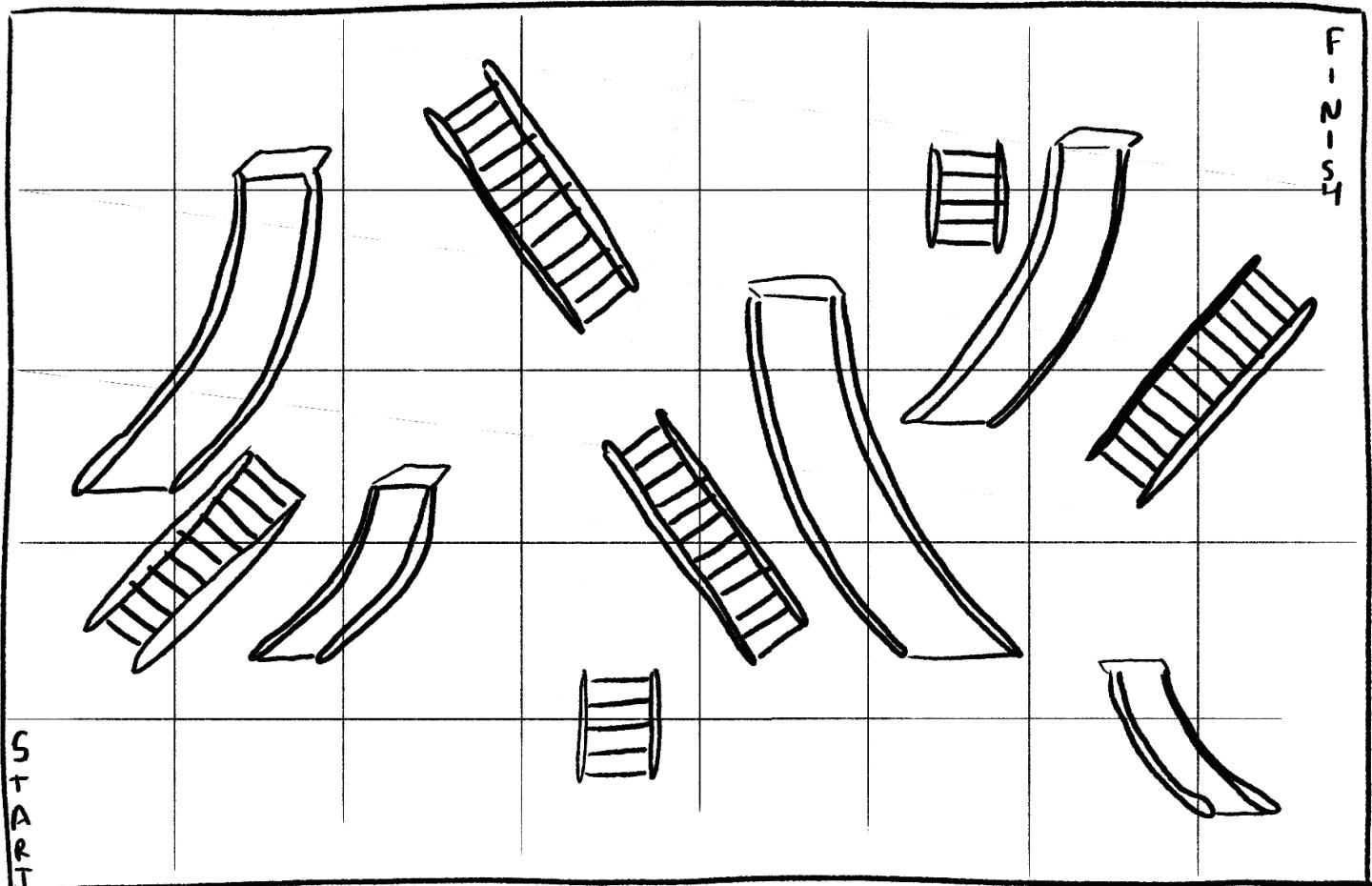
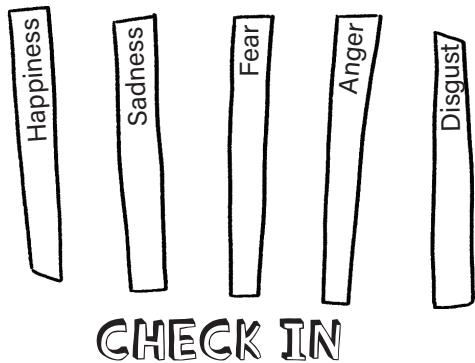
I am Maize...



There are three types of anxiety. Generalized anxiety is too much worry about most everything in life. Phobias are intense fears of specific situations or objects. And panic is the response in your body when you are overwhelmed by a sudden feeling of dread.

Chutes & Ladders

Do you remember the game Chutes & Ladders? If not, give it a quick search and then face-palm as you realize it was your favorite game when you were four. In this activity, you're going to make your own Chutes & Ladders-themed game. Start by labeling the ladders with things that lift you up – maybe one of the ladders is "waking up to find my dog has crawled into bed with me." And then label the chutes with things that bring you down, like "Being ignored in the hallway by someone I thought was my friend." If possible, play the game with someone you trust and talk about why you labeled the ups and downs the way you did. If not, play the game by yourself. Because nothing says "I feel stuck in the stage of Disillusionment" like playing a boardgame by yourself...



Lost in Space

In the stage of Disruption, you may have found ways to power through by relying on your strengths or distracting yourself with things like TV or food. But in Disillusionment, it can feel like you don't have any strengths and what had been working to cope just flat out doesn't work anymore. When your coping strategies stop working, it's easy to feel lost in space. To climb out of Disillusionment, you're going to have to find new ways to get by. Eventually you'll find something that "fits" and helps move you on to the next stage, Discovery.

Take a look at this list of coping strategies. Notice that some things could be good or not-so-good depending on who you are and how far you take it. On the left, list something not-so-good from this list or from your own life you currently do to cope. Now pick something to try instead – either from this list or something you come up with yourself. For example, next to "Watch TV" you could write, "Go for a walk." And then if going for a walk doesn't work for you, cross it out and write in a new coping strategy to try. Here's the hard part: When you feel yourself slipping into your old, not-so-good coping strategy, force yourself to try the new thing you listed next to it, instead!

Read a Book

Doomscrolling

Ask for Help

Go to Sleep

Watch TV

Seek Approval

Call a Friend

Exercise

Focus on Homework

Snuggle a Pet

Take Risks

Self-Harm

Take a Shower

Eat Junk Food

Write a Letter

Clean

Breathe

Tune Out

Meditate

Go for a Walk

Playing Online Games

Say Something Positive

Practice a Hobby

Listen to Music

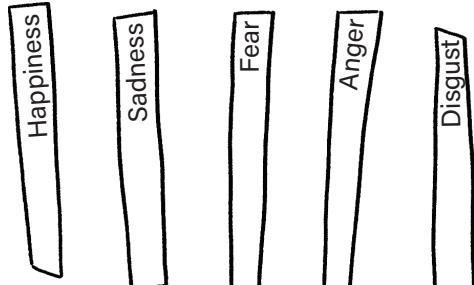
Not-So-Good Coping Strategy

#1 Instead, I'll try

#2 Instead, I'll try

The sound of One hand clapping

Sit or lie down someplace without too many distractions. Breathe deeply and try to clear your mind. After reading each idea below, close your eyes and try to spend at least 30 seconds thinking only about that thing.



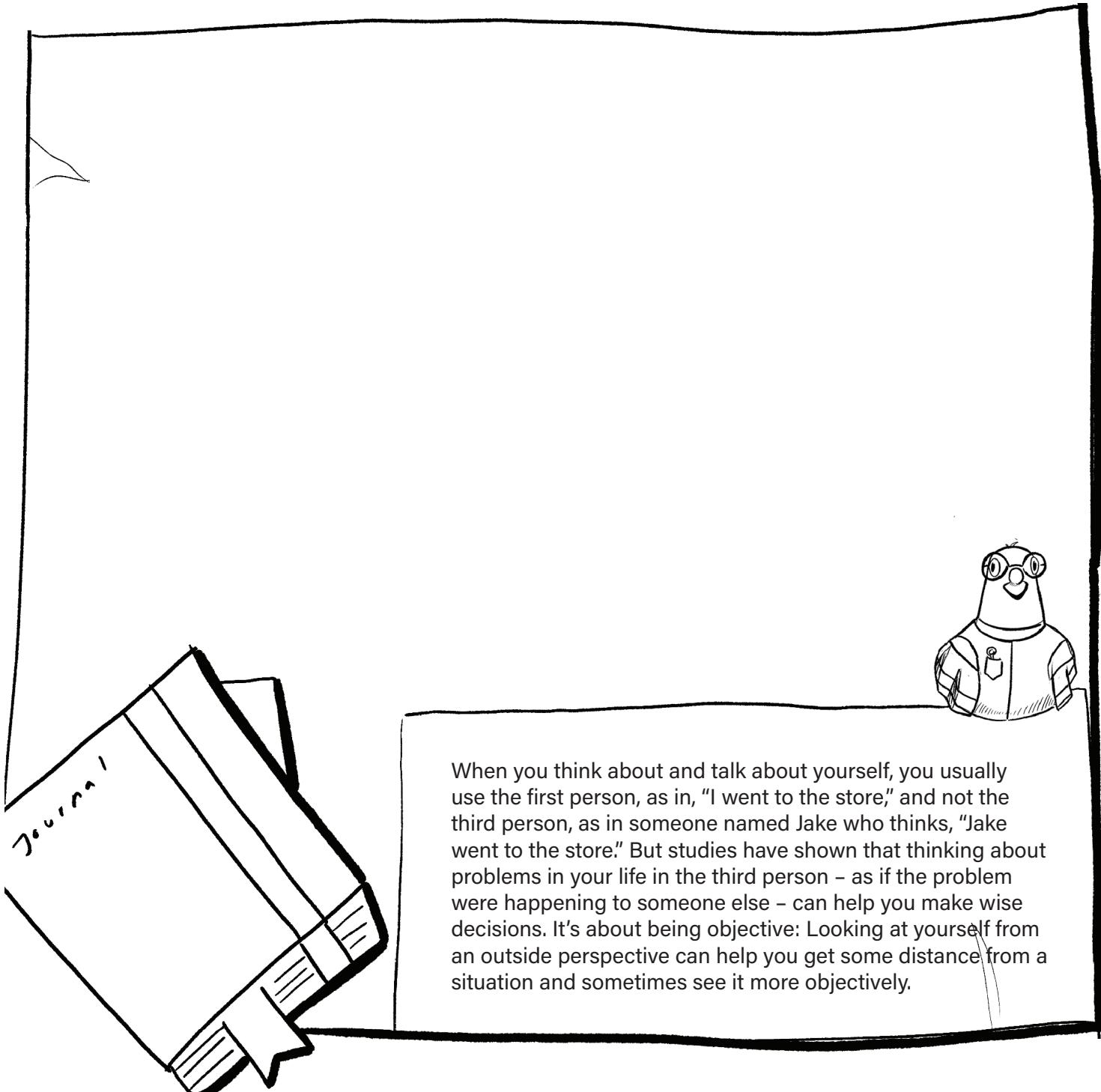
CHECK IN

- Be aware of your breathing and how energy moves with breath inside your body
- Turn your awareness to everything you can sense around you with your eyes closed
- Image your awareness expanding like fog to blanket your city or town
- Expand your awareness even further to cover the Earth. Where do you find joy and where do you find pain?
- What does it feel like to be aware of our solar system?
- Can you make your awareness so big that it includes the entire universe?



Carrying the Weight

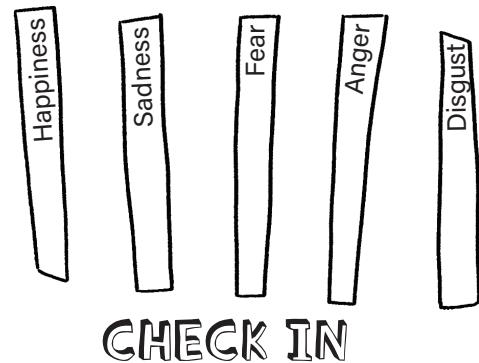
Does it feel like there's a weight on your shoulders? In this exercise, there is. Find a nice heavy rock and label it with something that makes you worried, fearful or ashamed – either write on masking tape, or use a pen/paint to mark right on the rock. Maybe you label the rock with the math test hanging over your head, or the tough conversation you know is coming with a parent, or a fight with a friend. Or maybe it's a more general idea like depression or anxiety. Now stick that rock in your school backpack or another bag/pouch you can carry around. Carry the rock for at least one full day – one week is even better. Now take the rock out of the pack. If you can, chuck it in a lake or a field. How much better does that feel! Now use the space below to write about how you could unburden yourself of this "rock" in real life.



When you think about and talk about yourself, you usually use the first person, as in, "I went to the store," and not the third person, as in someone named Jake who thinks, "Jake went to the store." But studies have shown that thinking about problems in your life in the third person – as if the problem were happening to someone else – can help you make wise decisions. It's about being objective: Looking at yourself from an outside perspective can help you get some distance from a situation and sometimes see it more objectively.

Thoughts, Feelings, Actions

How many times has this happened: You struggle on a homework assignment and think "I'm totally awful at this," then it makes you dread the test coming up next week, and sure enough, when next week comes around, you do poorly on the test. Have you ever said hi to a friend in the school hallway and they just walk right past? Then you think, "Wow, I guess that person isn't really my friend." And because you feel hurt, the next time you see that person, you don't even try to say hi. This is an example of a triangle made up of Thoughts, Feelings and Actions. Take a look at the example and then try it yourself. Think about something that made you feel bad. What happened, then write your Thoughts, Feelings and Actions. But check this out: If you'd thought something different, would your feelings and actions also be different? Try crossing out the thought and replacing it with a more positive one. In



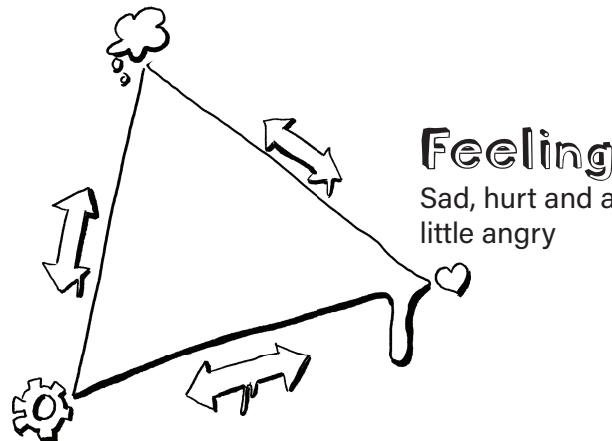
the example, the new thought might be, "My friend must be having a really hard day," or, "My friend must not have noticed me." Now write what new feelings and actions come from the new thought. Today, try to notice your thoughts — how could new thoughts lead to more positive feelings and actions?

What Happened:

I said hi to a friend in the hallway,
but they walked right past

Thought

Wow, I guess that person isn't really my friend

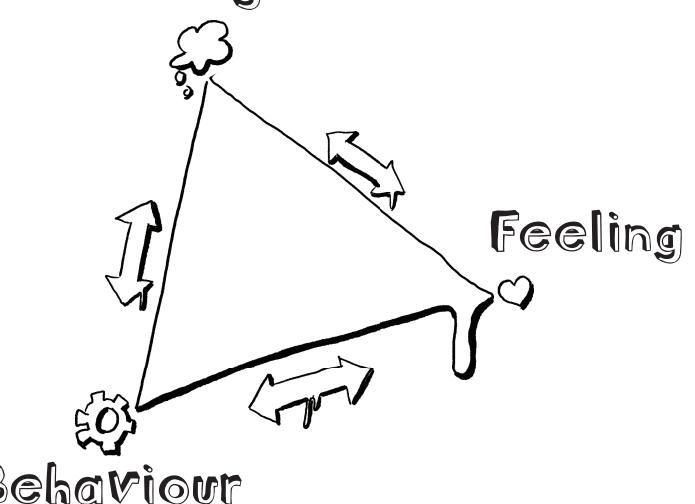


Behaviour

Next time I see that person, I
don't even try to say hi

What Happened:

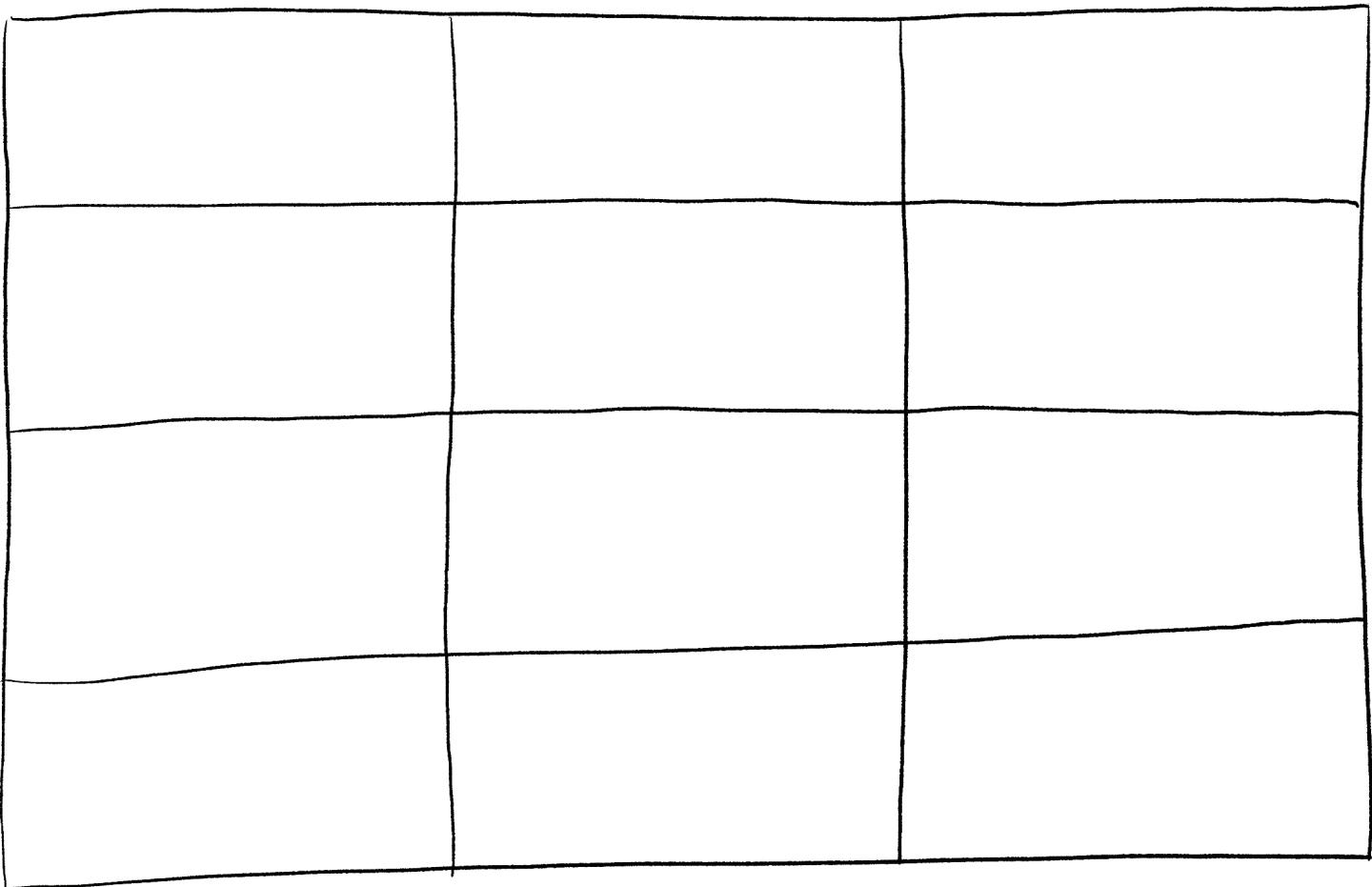
Thought



Behaviour

Erase Your Worry

Once you start worrying about something, the worry can get bigger and bigger until it seems like it's taking over your life. Here's a chance to work on making worry smaller and smaller. First, think about what worries you. Maybe it's something from the list on this page or maybe it's something else. Now use a pencil to draw something that represents your worry across this grid. Use light lines and make sure your drawing covers at least part of every square in the grid. Every day for 12 days, come back to this page and erase one square. While you are erasing, you are allowed to worry as much as you want! But try to leave your worry on this page – when you're not erasing a square and find the worry starting to creep into your thoughts, decide "It's not time to worry about this now." Once you've erased all 12 squares, you can redraw your worry and start again, or if you find it's gone, just let it go.



Mental Health  Rejection

The Future  Something You Should Have Done
 Appearance

 Being Late 

A Short List of Worries

 Forgetting Something Failure Your Pets Being Caught Lying

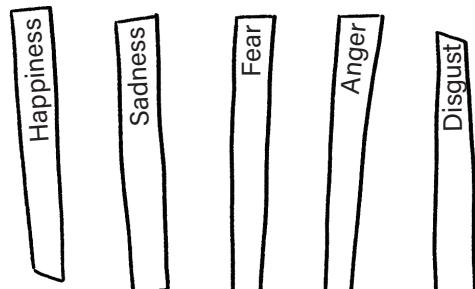
Health

An Accident

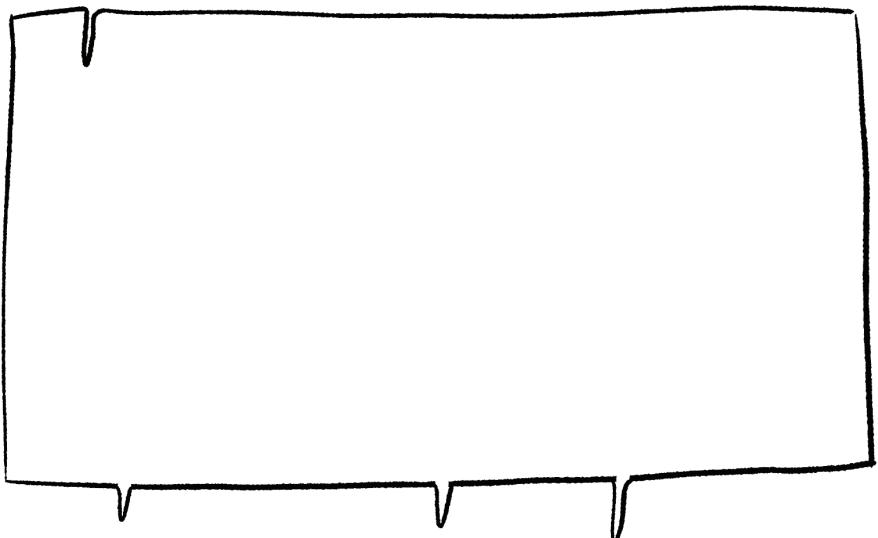
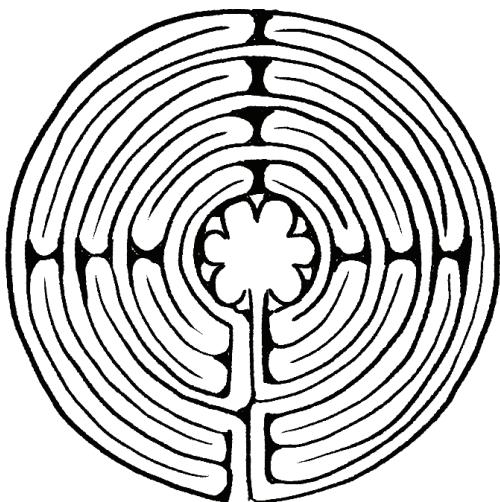
 Saying Something Stupid

Labyrinth

The floors of many cathedrals in Europe are inlaid with mazes called labyrinths made from colored tiles. People walk these labyrinths as a kind of meditation or prayer. Partly, it's a way to make yourself slow down and think. You can do the same thing here. Pick one of the following ideas: Compassion, forgiveness, gratitude, acceptance, meaning. Keep your idea in mind as you use a colored pencil to slowly trace the path of the labyrinth. When you get to the center "turn around" and trace your way back out while still thinking about the idea you chose. If you like, you can do it again in another color. When you're done "walking," write a few of your thoughts about the topic you chose.



CHECK IN



Make your own Labyrinth

If you live near a beach or have access to a cement space where you can draw with chalk, try drawing your own labyrinth. It's more fun to walk a labyrinth than it is to draw your way through one! And then other people can use it, too. Here are instructions for drawing one kind of labyrinth called a nine-circuit transition.



Cluttered Room, Cluttered Mind

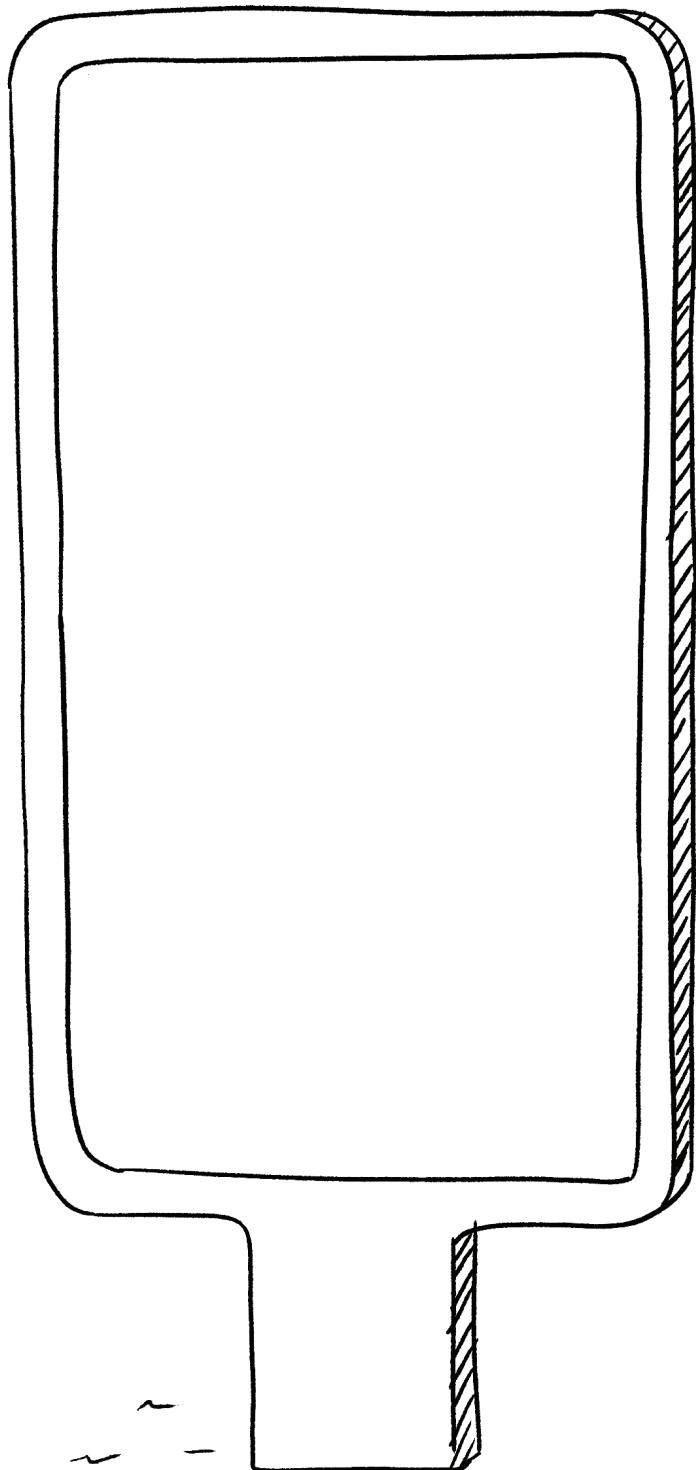
Sure, maybe you can try to tell yourself your messy room feels "comfortable," but your messy room can also make your brain feel...well, messy. When you feel stuck emotionally, it can be time to unstuck the space around you. Today, spend 30 minutes cleaning.

If your room is already spotless, do the kitchen or you can even spend half an hour cleaning up trash in your neighborhood. After you wash your hands, reflect on how good it feels to look around and see order where there once was chaos! Now's the hard part: How can you apply this same idea of "decluttering" to other areas of your life? What other "clutter" can you get rid of? Is it following certain people on social media, or playing a phone app that eats your free time, or an unhealthy relationship, or the class group chat? Use this space to list things in your life that you might consider "clutter." You don't have to throw all the clutter out at once but draw a big X through at least one of these things you can get rid of.



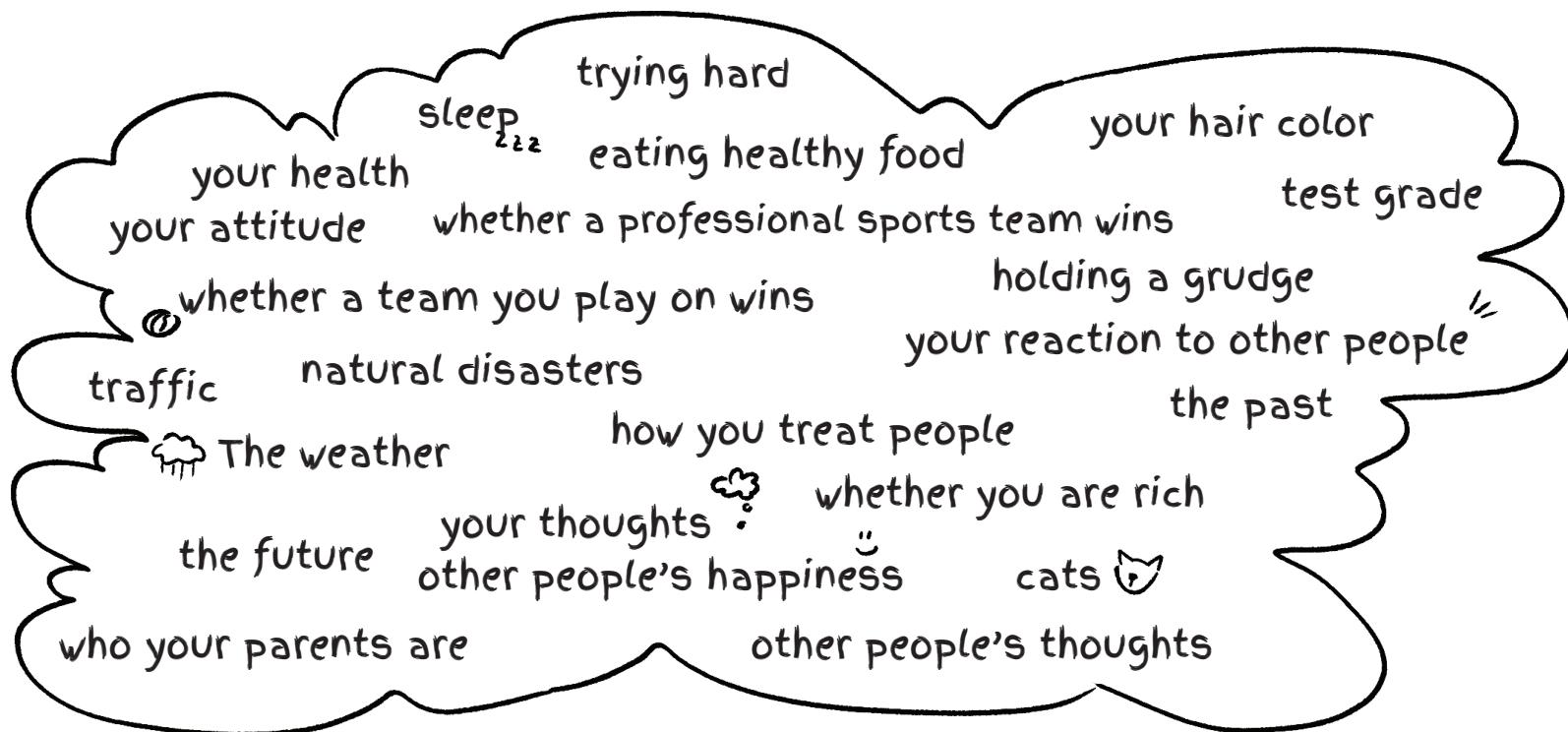
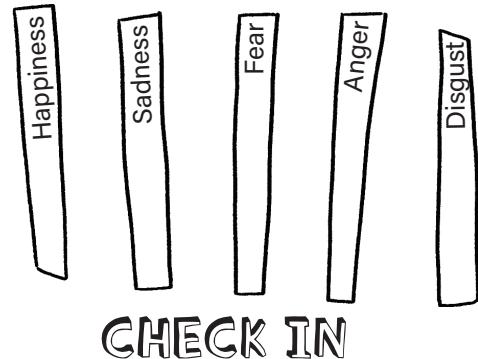
"You have to know that
your real home
is within."

— Quincy Jones, American
Musician and Producer



Serenity

Religions including Buddhism, Judaism and Christianity as well as ancient Greek philosophy all have a version of the Serenity Prayer, which goes something like this: "Grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference." It's easy to focus on the first part: It's not worth worrying about things that are out of your control! But it's equally important not to use the Serenity Prayer as an excuse to give up on things you can control. Let's test your wisdom. Sort this list into things you cannot change (that serenity helps you accept) and things you can change (where you can apply your courage and hard work). Some of these are tricky – think about how some things could fit both



Thing I can change

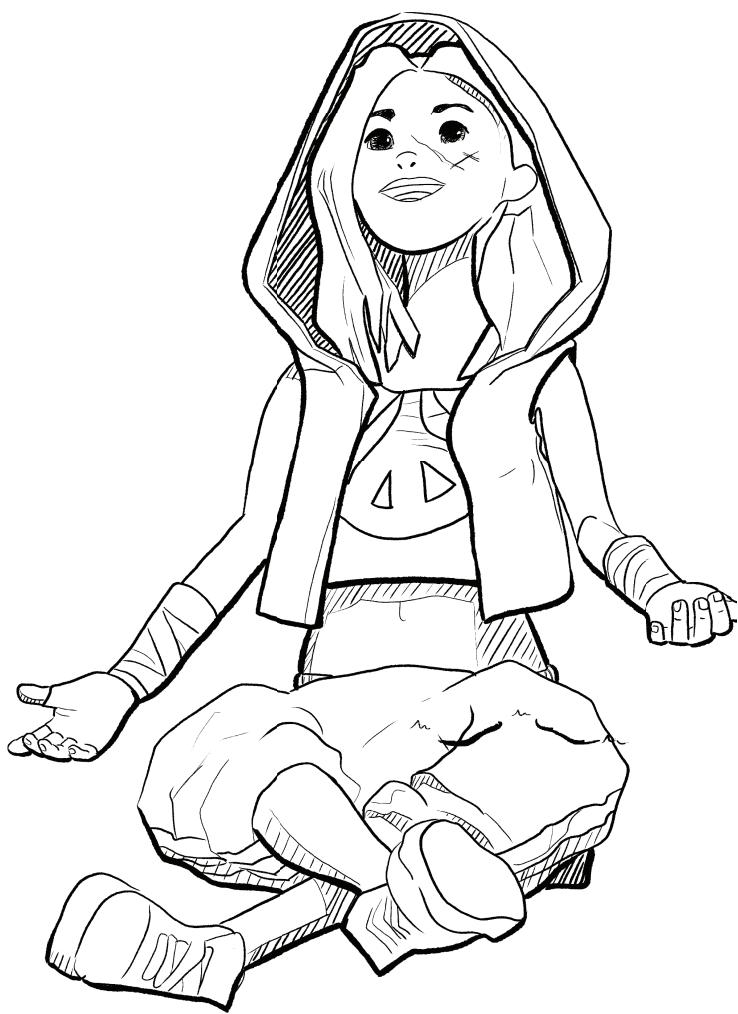
Thing I can not change

Discovery

Great work getting through Disruption and Disillusionment! Now I've got some good news and some bad news for you. Oh, I'm Pax, by the way, the Guardian of Discovery! Here's the bad news, because I always like to get that out of the way first: You might have to go back through Disruption and Disillusionment. It's not like working on self-awareness is a one-way ticket to enlightenment and sometimes you gotta go back to go forward. But the good news is that at least for now, we get to work together in the stage of Discovery, which is way **more awesomer**.

See, the thing is, going through tough times also gives you the chance to learn stuff about yourself that others might not ever discover. Think about it: If you were just coasting through an easy life, would you have picked up this book? Or made it this far?

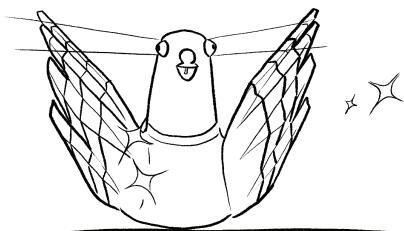
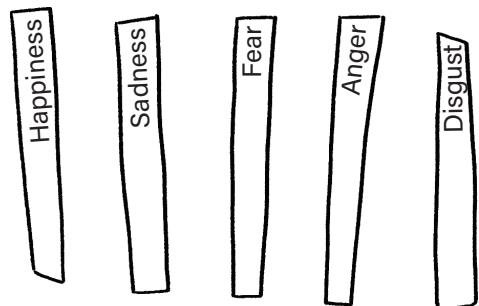
I'm psyched for you! Now let's get to it. You've done the hard work and now it's time to move forward with a new understanding of who you are.



I am Pax!

You're Actually Kind of Awesome

Nobody does something awesome every day. But everybody does something awesome sometime. Did you help a friend talk through a tough problem? That's awesome. Did you finally nail the opening riff of Sweet Child of Mine on guitar? That's awesome. Did you wake up early to make your family pancakes? That's especially awesome, because... pancakes! Don't fill up this entire space now. But every time you do something awesome, flip to this page and add another entry. When you need a reminder of just how awesome you are, come back here to read the list.



Did you know that researchers can see your brain changing every time you learn something new or have a new experience? This is called neuroplasticity. What it means is that your brain won't be the same tomorrow as it is today. And you know what? You get to choose how your brain changes.

A Positive Point of View

You clicked about seven seconds too late and now the concert is sold out: Dagnabbit! But on the plus side, you've got the \$29 you would have spent on a ticket to plan something else! Check out the following situations and then write a negative perspective and a positive perspective.

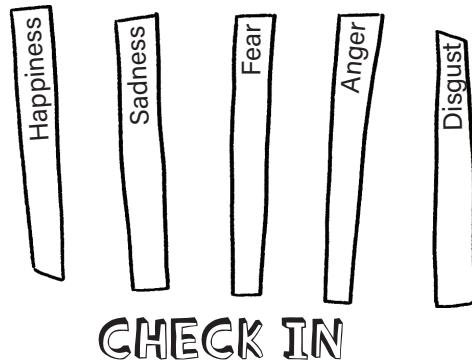
	<u>Negative Perspective</u>	<u>Positive Perspective</u>
You planned an outdoor activity but now it's raining		
You want to get together with a friend, but you find out they're already doing something with someone else		
You tripped on a cement step and broke your toe		
You were biking home and got a flat tire		



Optimism has some pretty great benefits. For example, people who are optimistic have better health, earn higher salaries and are more able to get back on track after bad things happen. A study by Harvard University even showed that optimistic people were 30 percent less likely to die of major diseases during the study period.

On the Other Hand...

Use two pieces of blank paper. On one piece, trace your left hand and on the other piece, trace your right hand. Draw and write things, events, emotions and ideas in the left-hand outline to represent your past and who you have been. Draw and write in the right-hand outline to represent the future and who you will become. Staple, paperclip or just shove those pages into this book.



The sound of One Hand Clapping

Sit or lie down someplace without too many distractions. Breathe deeply and try to clear your mind. After reading each idea below, close your eyes and try to spend at least 30 seconds thinking only about that thing.

- Soften your eyes and look at something interesting around you
- Without thinking, check in with everything you notice about this thing
- Now look deeper - what do you notice about what you notice
- Look even closer - what is the smallest, most precise thing you can possibly notice about this thing?



My (Least...) Favorite Music

Number the following styles of music from 1 (your favorite!) to 18 (your least favorite...).

Blues

Rock

Classic Rock

Heavy Metal

Hip Hop

R&B

Jazz

Classical

Country

Electronica

Pop

Rap

Folk

Soul

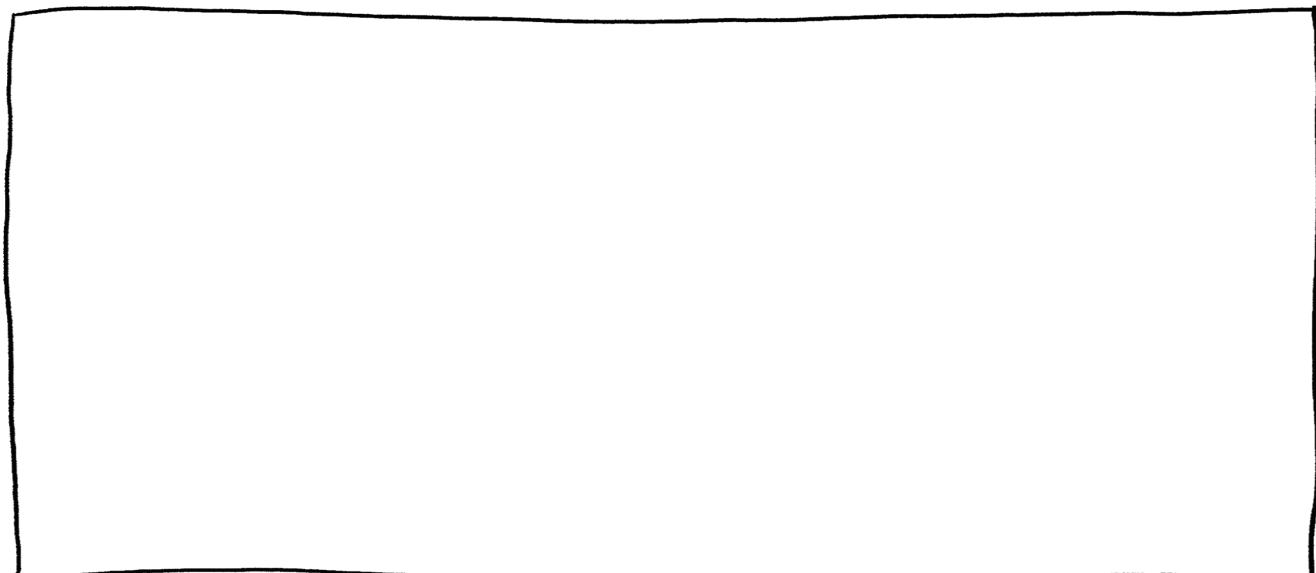
Funk

Reggae

Alternative Rock

Musical Theater

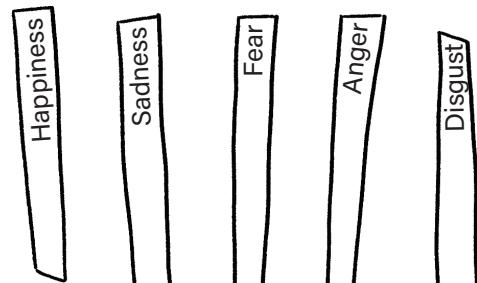
Now look online or find a recording of music from your least favorite style. Find a quiet place. Turn the music up loud enough to hear it well but not loud enough to melt your brain. Now practice listening with an open mind. List three things you like about this music.



Psychologists have shown that after negative events, people can change in positive ways. They call this posttraumatic growth. And what it means is that going through tough times can help you become a better, wiser person.

Value Shrine

We all have values – kind of like your standards of right and wrong and what's important in life. It'd be nice to think you could have all the positive values like courage and honesty and respect, but let's be honest: Nobody's that good. Instead, pick 5-10 values from the following list that represent how you live your life or how you would like to live your life. Then find or make objects to represent these values. Find a special place and organize these value-objects into a shrine that you can look at when you need to remember what's important to you. Take a picture of your shrine, print it, and cut/paste it into the space below. If you don't have access to a camera and printer, use the space to illustrate your shrine.

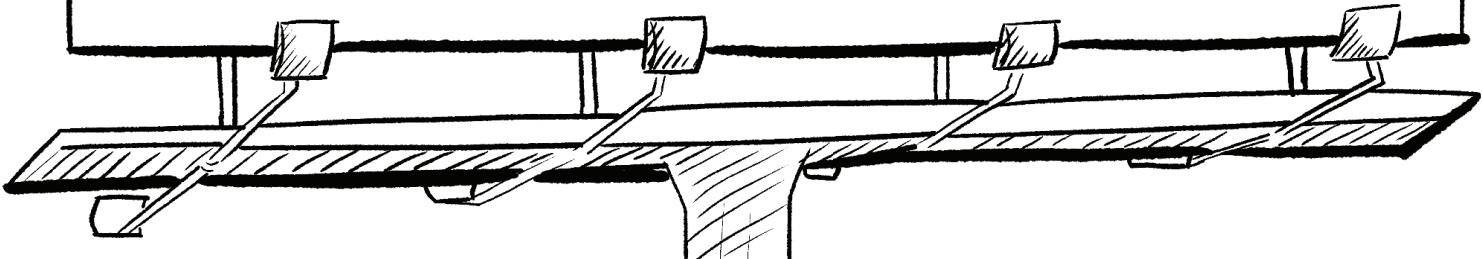


CHECK IN

Authenticity
Achievement
Adventure
Authority
Autonomy
Balance
Beauty
Boldness
Compassion
Challenge
Citizenship
Community
Competency
Contribution
Creativity
Curiosity
Determination
Fairness
Faith

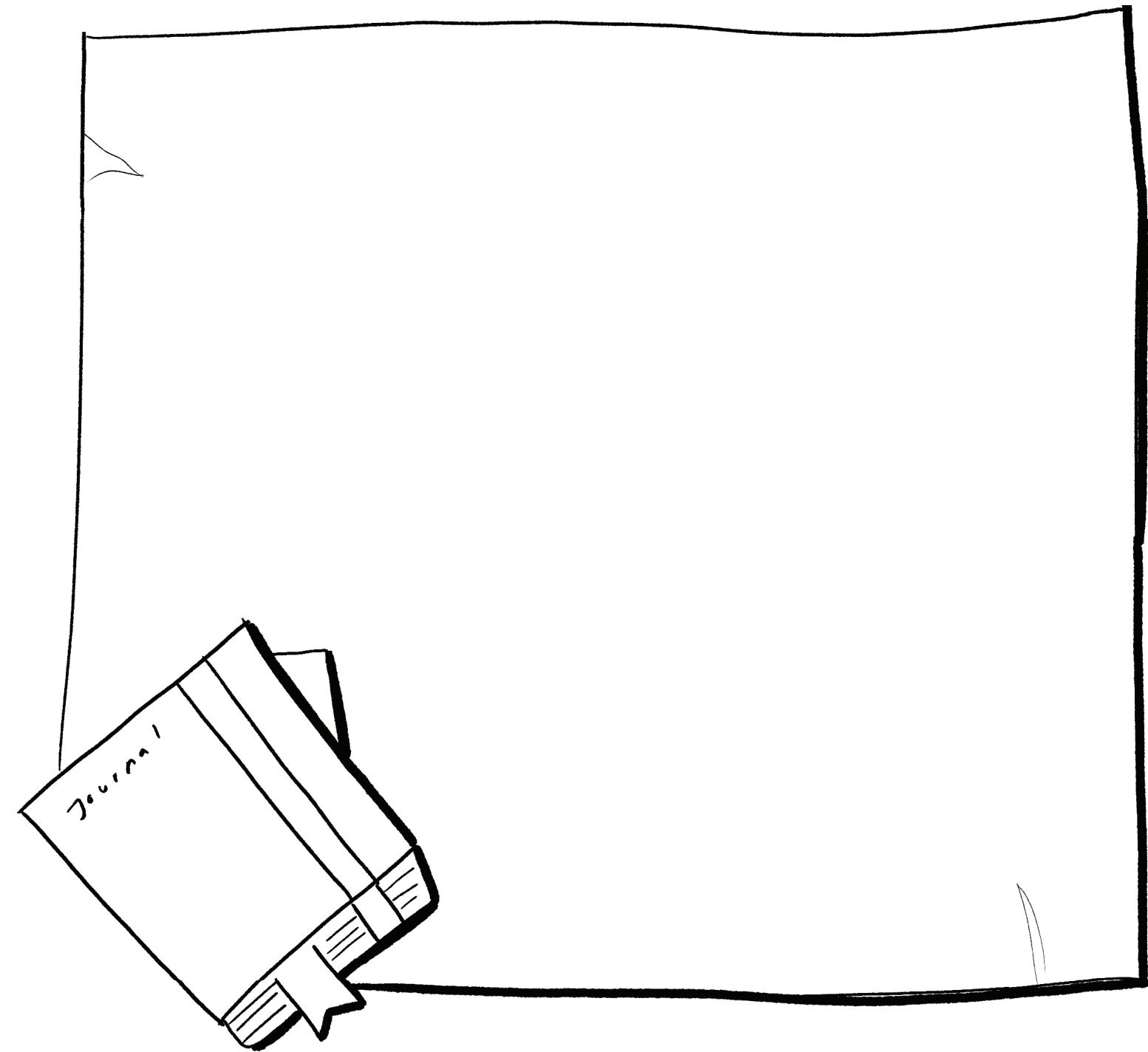
Fame
Friendships
Fun
Growth
Happiness
Honesty
Humor
Influence
Inner Harmony
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Meaningful Work
Openness
Optimism

Peace
Pleasure
Poise
Popularity
Recognition
Reputation
Respect
Responsibility
Security
Self-Respect
Service
Spirituality
Stability
Success
Status
Trustworthiness
Wealth
Wisdom



A New You

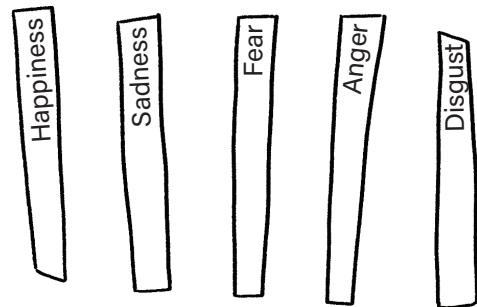
How do you usually dress? Try something completely different, like if you usually wear heavy metal t-shirts, try a pink button-down. Or if you usually wear jeans, try shorts. If people ask why you're dressed differently, say, "I'm just trying something new." Use this space to write about how your new clothing changed people's reactions to you.



"You don't have to believe everything you think."
— Erykah Badu, Musician and Songwriter

Growth Mindset

Having a "growth mindset" means believing you can get better at things and achieve your goals through hard work. It's kind of like optimism about your ability to improve. But optimism without action is just wishful thinking. In the space below, list things you hope to do well or improve in the future. Then list something you can do to make that happen.



CHECK IN

Hopes: "I want"
I want to get at least a B+
on next week's math test.

Actions: "I will"
I will study for 15 minutes
every day and 45 minutes
on the evening before the
test.

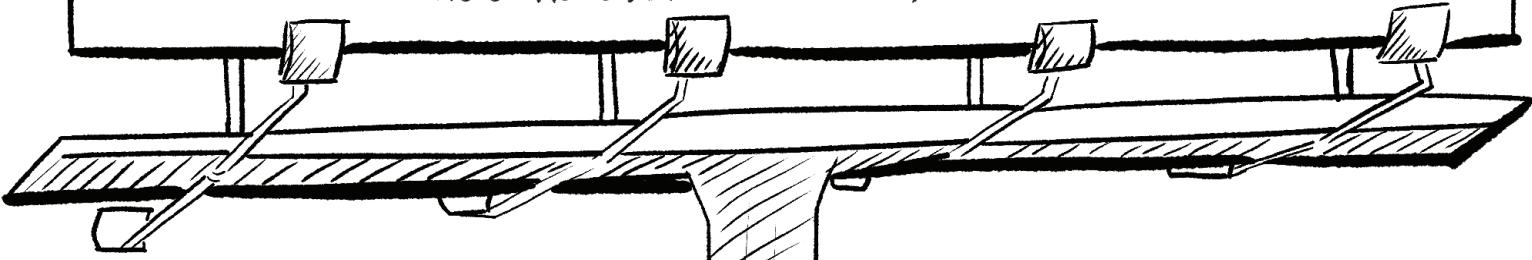
I want

I will

Don't Look Now, But Your Future Self is Judging You

Later today or tomorrow or a year from now or five years from now, your future self will look back at the person you are today. So you'd better do something your future self thinks is awesome! What will you look back on and wish you'd done? Chances are the answer is not giving up on math class or sneaking into the kitchen for another handful of chocolate chips. Use this space to write one thing you can do right now, one thing you can do over the next six months, and one thing you can do over the next five years to make your future self proud. For example, today you could eat a healthy dinner, over six months you could learn to play guitar, and over five years you could learn skills that set you up for a career.

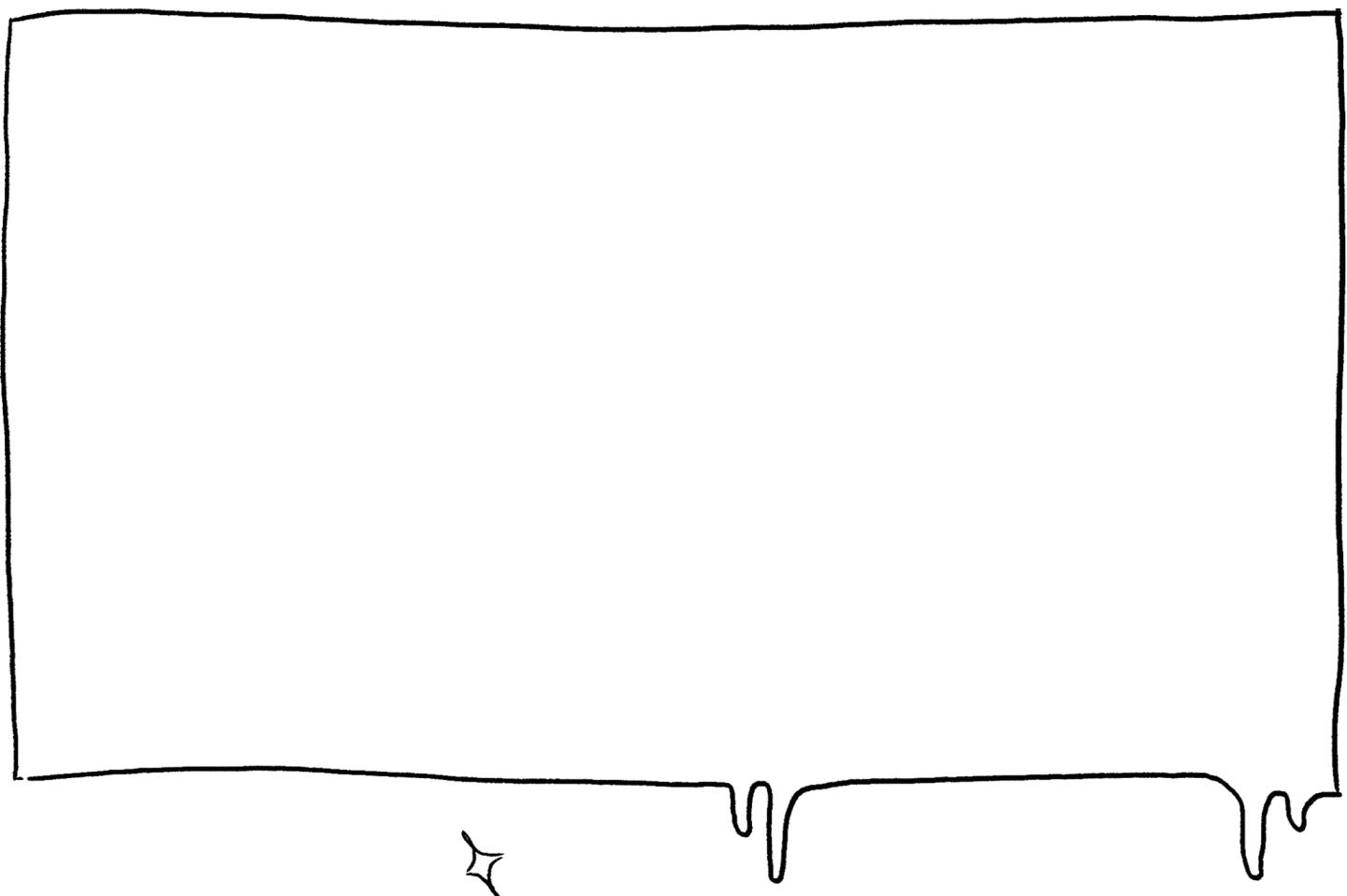
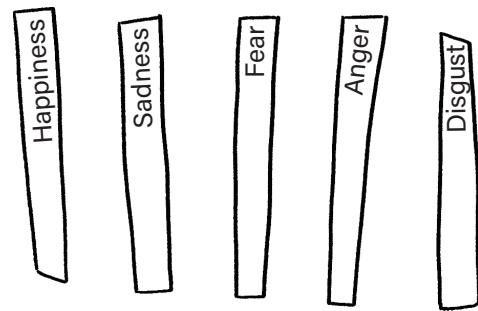
“What I am looking for is not out there, it is in me.”
— Helen Keller, Author and Deaf/Blind Activist



Meaningful Social Media: Seriously?

From mental health to self-esteem to body image and more, studies have shown that social media may not do great things for people. On the other hand, social media can also help keep you connected to people you care about. It's all about how you use it!

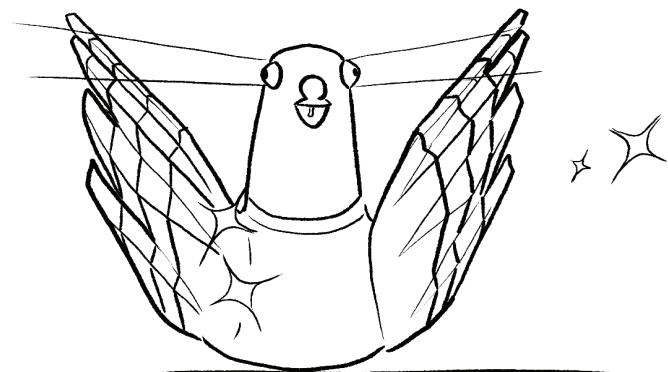
Pick a platform and start a new account. Only follow your friends and family. Now, along with swiping through your regular social media, check in with your family and friends account. Even if you're a natural lurker, force yourself to leave positive comments (more than just a like and an emoji!). Use this journaling space to keep track of the positive comments you leave for people. When you fill this space, read back through the kindness you've shown to others. Then ask yourself which social media accounts bring you the most joy – if the answer is your friends and family account, consider deleting or at least pushing pause on some of the others?



Just For Me

Sometimes there's so much pressure to be good at things like school and your afterschool activities! Think of something you've always wanted to do – something like drawing or playing the guitar or juggling or getting good at Sudoku or making beats or cooking or skateboarding. Pick something just for yourself. If you need to, borrow the gear you need to get started – this is part of the exercise: It forces you to admit to people you're trying something new! Now commit to doing it for at least 15 minutes a day for a week. Cross out the days below to keep yourself on track! When you practice your new activity, try hard but try hard with no pressure. You're going to be bad at first and that's okay! Give yourself permission to be bad. You don't have to be embarrassed about being bad! In fact, instead of thinking or saying to people, "Wow, I'm really, really bad at this," try saying, "Of course I'm not very good at this... YET." At the end of the week, decide whether you want to draw another week's worth of boxes and keep checking them off!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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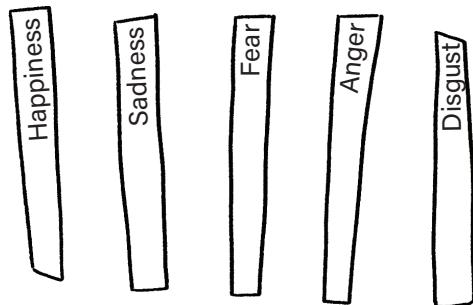


“Every time I rap about being a big girl in a small world, it's doing a couple things: it's empowering my self-awareness, my body image, and it's also making the statement that we are all bigger than this; we're a part of something bigger than this, and we should live in each moment knowing that.”

— Lizzo

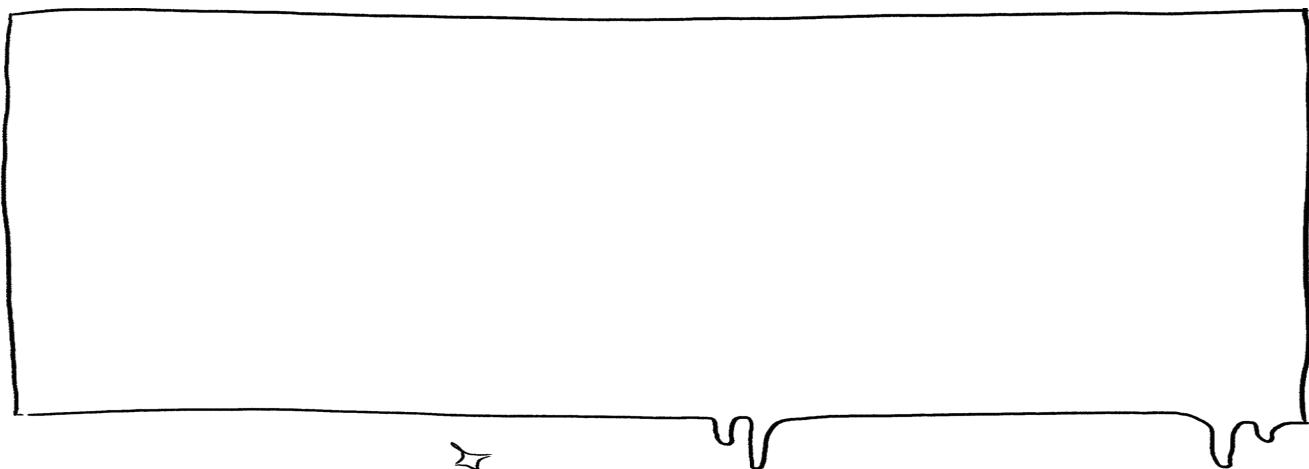
Check-In Summary

Yay! It's math time! Take a look at every upper-right corner and add up the scores you gave each of the six basic emotions in the Check-Ins throughout this book. Now look at these scores. Do you think your scores accurately show how you were feeling while you worked through this book? Think back to when you first started in the stage of Disruption. Use this space to write about how your emotions are changing and how you have changed across the course of this book.



CHECK IN

Happiness	Sadness	Fear	Anger	Disgust	Surprise
Total	Total	Total	Total	Total	Total



About

About Shadow's Edge

Shadow's Edge is the first free self-help mobile game designed to empower teens and young adults to tap into the healing power of self-expression. Download the app for free at the App Store or Google Play and learn more at ShadowsEdge.com. Teens, join our social communities or read personal stories from your peers and discover resources at www.shadowsedge.com.

About the Digging Deep Project

The Digging Deep Project was founded by philanthropist Sheri Sobrato as a way to provide emotional support for young people going through tough times. She was inspired to create this project because she discovered so much about her emotions and herself during her own personal challenge with cancer as a young adult.

The Project began its journey with the journaling book *Digging Deep: A Journal for Young People Facing Health Challenges* by Rose Offner, MFA and Sheri Brisson, MA (Resonance House, 2014), followed by the mobile self-help app, Shadow's Edge, and now continues with this workbook. Parents, teachers and caregivers can find resources at www.diggingdeep.org or join our community at Facebook.com/DiggingDeepProject.

About Kristi Pikiewicz, PhD

Dr. Pikiewicz earned her PhD in Clinical Psychology at Pacifica Graduate Institute in Carpinteria, CA. She completed pre-doctoral training at the Nan Tolbert Nurturing Center in Ojai, CA, and her post-doctoral internship at the Boulder Institute for Psychotherapy and Research. She currently designs and delivers a social-emotional learning curriculum for a K-8 school in Boulder, CO with a mission for gifted education. Previously, Kristi spent eight years as a middle school language arts and social studies teacher, and holds a B.S. in environmental science from Allegheny College and a teaching credential from Western Washington University.

About Ilse de Cock

Ilse is a Dutch illustrator and designer. After getting her Bachelors of Science and Art, Ilse started as a freelance designer. She enjoys working on projects that are both artistic and do-good, like this book and Shadow's Edge. Her life revolves around creativity with design as her job and art and music as a hobby. Take a look at her works at: www.ilsedesign.com