



THE CATALYST SERIES • PART 14

Shadow Boxing

The Concept

"Everything that irritates us about others can lead us to an understanding of ourselves."

— Carl Jung

The "Shadow" is the part of yourself you don't want to see. It contains your jealousy, your rage, your greed, and your selfishness.

Because you can't admit these things are in you, you project them onto others. You see "arrogance" in your boss because you are suppressing your own desire for power. You see "neediness" in your partner because you are ashamed of your own dependency.

The Mirror Rule

If you spot it, you got it. The things that trigger you most in others are usually the things you have disowned in yourself.

Deep Reflection

You cannot be whole if you are only "good." You must be capable of being "bad" but choose to be good. A harmless person is not virtuous; they are just harmless. A dangerous person who keeps their sword sheathed is virtuous.

The Repressed Shadow

"I am never angry."

Result: Passive-aggression, sudden explosions, resentment.

The Integrated Shadow

"I feel anger, and I use it to set boundaries."

Result: Power, assertiveness, clarity.

The Turning Point: Meet Your Monster

Who drives you crazy?

Name one person who triggers a strong negative reaction in you.

What is their "sin"?

Are they selfish? Arrogant? Lazy? Fake?

Where does that live in you?

Be honest. In what area of your life are you selfish, arrogant, lazy, or fake? Or where do you secretly wish you could be?

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