

The Shadow Self: An Investigation into unconscious aspects of personality and their manifestations in Behavior

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Abstract

This research paper aims at examining the hidden realms of the shadow self, trying to uncover its unconscious manifestations and the ways they play out in humans. Examining the concept of the shadow self by Carl Jung, this study explores the hidden parts of personality which are usually repressed or denied, and thus portray their role in the way we behave and our psychological health. The research utilizes a qualitative and thematic methods comprising a literature review to unveil the complex nature of shadow self. The research results indicate the progression of the shadow self-forming, societal and cultural patterns, and highlight integration and cooperation strategies. In totality, the research outlines the significance of acknowledging and regulating the dark self for individual development, interpersonal dealings as well as spiritual fulfillment. Through such a process, the research assists in the advancement of the psychological knowledge and leads to the strengthening of the self-exploration, empathy, and authenticity in the lives of the people.

Keywords: Shadow Self, Human Behavior, philosophical aspects, unconscious aspects

Introduction

The shadow self is a cornerstone of human inner life, having in its fundamental the hidden part of our personality that we consistently ignore or imprison. As disturbing as the hidden elements of our mind might be, we need to recognize them just in order to develop ourselves as personalities and be good for our mental health. By illuminating parts of us we did not know we had, we obtain the wisdom of conquering our fears, match our passions, and also resolve the conflicts of our shadow self. This allows us to integrate them into our conscious self-awareness. Through prototyping shadow, self comes about deeper authenticity, better emotional resilience, and increased empathy towards other people and to one's self. Finally, when we confront our shadow self, it like we started our journey of self-discovery and transformation that culminates into a more fulfilling and deepened existence.

The relationship of the Carl Jung's shadow as part of his analytical psychology is his theoretical platform. Jung defined the shadow-side as the unconscious bits of our personality that either get rejected, neglected or disowned. These private factors are usually the set of features, likes, emotions and even drives that create a separate sphere and differ greatly from our conscious self-image. Actually, the unconscious side, which serves as a repository of hidden strengths, resources and creative forces, is not per se detrimental. Jung's notion of the shadow self brings us to the depth of our consciousness to take a look at our inner confusion and accept the whole of our personalities into being who we are. Through the integration of the dark side, people can take a productive inner voyage into the personal truth and this will ultimately be positive by leading to being more authentic and achieving satisfaction in life.

The unconscious contents of personality are inseparable from human behaviour; they affect the human consciousness, usually without the person's awareness. They cover a spectrum of psychic phenomena that constitute a wide range of unconscious elements such as traumatic emotions, impulses, recollections, and instincts. Although not available to the visible screen of consciousness, these portions of the personality prove to be extremely potent, expressing themselves in the mind sometimes in stealthy and striking manners.

Limitations of Research

The study's outcomes may be limited by the demographics and features of the participants who were recruited, probable inclination of the results towards some particular populations

and making the findings not sufficiently diverse about human experiences. Secondly, qualitative data analysis is based on the subjective interpretation of the data, which may lead to some bias or inconsistency in the theme identification and interpretation of the shadow self. Furthermore, the results of the study may be not so easy to generalize for wider populations or cultural contexts if the research explores particular groups or settings that limit the scope of the outcomes. Moreover, the multifaceted character of the shadow self is found in psychology, philosophy, and religion, may be a difficulty in the combining of different perspectives and conceptions within the theme of the analysis paper. In the end, the specified time for research may limit the level of detail in the analysis and the process of exploring the complicated dynamics of the shadow self by not giving attention to the subtleties or to the emerging themes.

Significance of Research

In this research paper, philosophy and psychology are the fields that are furthered by bringing more nuanced explanation about the structure of individual consciousness and shadows self. Illuminating at the mechanisms, operating in the formation and manifestation of the shadow side, the research accentuates the whole nature of the unconscious processes and their effects on behavior. The results of this study draw the attention of therapeutic approaches and facilitating processes. Through a careful examination of the shadow self, this bring out manifestations of shadow self and discussing strategies on integration and reconciliation, the mental health professional can develop intervention programs that would help individuals to achieve harmony between their subconscious conflicts and personal development and wellbeing. The awareness of a shadow self is a crucial step for an individual to cultivate self-knowledge and to accomplish personal growth. The discovery of the hidden parts of the psyche by these psychoanalysts gives individuals the chance to embark on a journey of self-realization, where they take on challenges such as repressed emotions and desires, and are able to, after all that, attain genuine identity and wholeness.

In addition to these aspects, the research paper includes the societal and the cultural factors that influence the manifestation of the shadow self, which emphasizes the vital role of context in forms of unconscious process. The shadow self shows how culturally shaped norms and values shape it but in the process, we can promote cultural sensitivity and cultural inclusiveness in the psychological theory and practice. Additionally, the investigation of the

eidolon side covers the psychological and philosophical areas, and the subject of what selfhood and existence of man are. The paper literally beckons the readers to experience reflective contemplation on the bigger questions of life in the search of real identity and authenticity. This research paper through bringing up the shadow self concept has provided a basis for collaboration among the field of research, the practitioners and the self-improvement researchers as well as consciousness studies. Sharing ideas elicits our consciousness to our personal shadows; through experiences we get to understand the other person and their perspective.

Research Questions

1. How much do defense mechanisms and coping strategies direct the repression or evasion of shadow self features?
2. What is the most salient behavioral feature of the shadow side?
3. Which societal norms and cultural values lead to the manifestation and opposing motions of the shadow self?
4. What kind of techniques can an individual develop to cope with the issue of bringing their internal dark side to the surface?

Research Objectives

- To understand the roots and development of the shadow self in order to mine for its core.
- In order to figure out frequent shadow self (bad one) exponents in one's behavior.
- In this topic, Will discuss the influences of societal and cultural trends on the expression of the shadow self.
- To probe into the possible options to make session serving the goal of integrating and reconciling with the shadow self for personal growth as well as development.

Literature Review

Instincts: Freud regarded instinct as the fundamental element of the psyche, the strongest driving forces as far as behavior formation and its course were concerned. Freud "Drang (which means the impulse or the driving force) is the word that explains this notion in German. (Bettelheim, 1984). The physical energy which arouses the brain and the body is a

kind of the energy called instincts. For example, it is the way in which we sense hunger and thirst. It is the psychosomatic energy that we call manifestation in the body that is created when an organ or system in the body is driven by any need, for example, hunger. The physical energy gets transformed into a wish by using the power of the suggestion of mind. Therefore such a stream is the psychological imaging of the physiological necessity which functions as the evolutionary principle or behavioral motivator whose impulse is by nature physical.

Aspects of Personality

The Different Personality Levels: Three layers of personality were identified in Freud's initial theory: the conscious embodiment of the preconscious, and even, the unconscious. For Freud, the "*conscious*" are the ordinary thoughts and experiences of one's typical daily living; it is what is normally accepted and its opposite is the "*unconscious*." It contains all the feelings and experience conscious body of use now in any minute of our life. Freud insisted that almost everything which happened behind the scene rather than the seen actions was more significant. The basic principle of psychoanalysis, which is its core, is this. The dreams, the propensity, and the pleasant or ugly things our actions are inspired by, all reside in its mysterious, black abyss. **The unconscious** Every movement or action of ours is fueled by it. It's a massive storehouse of powers from which we gain strength or control but from which it remains hidden. This is what channels all of our behaviors. Besides that one also referred as preconscious which is located as an element between the conscious and unconscious. The long term memory or what is commonly called "the stack memory," stores all the information we have, the basis of understanding, as well as the mental processes that we carry out even unconsciously in this repository. One example that says, you would be bringing information from your preconscious into your conscious mind that, in an improbable circumstance, if your thoughts wandered from the page and turned to your actions from the previous night. We however often find only an unstable pattern of our attention wavering between the noticed sensations and that which proceeds from the preconscious, experiences and memories. **The Personality Structures The Id** Then he replaced it by thinking of the personality in three degrees of complexity – namely id, ego and superego, which he considered the three constitutive elements of the personality's pyramid. But in his view, the times when the superego and ego work in an unconscious way is the same as id behaves

unconsciously. The id, firstly, which is made of psychic energy, incarnate in the "libido," and the instincts are kept in the id. The Ego Food deprivation is an interesting topic that many kids realize when they attempt to steal other people's food without paying the consequences. For instance, when kids recognize that they need to eliminate anal gravity fecal tonus in the toilet only rather than spewing their sexual and violent desires completely out.

TheSuperego

The conception of the human nature by Freud goes beyond the id and ego since the id and ego are not the representation of the entire or the whole human nature. Besides them there is a third entity, namely, our kind of things which is right or wrong, it is a kind of apsychological entity which resides in deep and remains unconscious rules or beliefs from our early years. The concept of inner self-governance that is generally referred to as a conscience is reflectively this inner morality. Freud has given its name super-ego. Following his manner of thinking, children may catch on this ethical part of their personalities anytime between being 5 and 6 years old and that starts with the guidelines for behavior that parents set for them. A children imitate the same behavior of parents by modeling, encouragement and punishment. Menifestation of behavior The Unconscious Today, it is also generally known that unconscious compounds could have an effect on the conscious perception and activity. Researchers discovered the possible directions for the subconscious influence that were more far-reaching than Freud's predictions. They demonstrated this finding with the conducted researches such as (Scott &Dienes, 2010; Custers&Aarts, 2010; Gafner, 2012). The implication of an experimenter who is studying personality, from the beginning or formation of mind, it increases those activities which take place without conscious volunteer. Here, the greatest proportion of the conduct really takes place which is in opposition to what was intended (Pervin, 2003). As such, the notion of psychologists perceives a proportion of our cognitive functions of information processing and mental operations as being existing at unconscious levels (Armstrong and Dienes, 2014). There are people who propose that potential of secrets mechanisms could be in fact responsible for thought and behavior (Chartrand&Bargh, 1999). In the opinion of Bornstein and Masling (1998), unconscious is broader than previously thought, since it has potential to comprehend and interpret not only words and visual signs but also to predict future events (Wheatley & Wegner, 1999 The unconscious apparently has a force which it is beyond just holding the drives and urges; it

also apparently has powers that are associated with the synthesis, coming up with answers, and testing of hypothesis.

Subliminal Perception: Here stimuli are delivered to people under their level of consciousness, is a major focus of research on the qualities of the unconscious. (The words subliminal and limen indicate threshold and below, respectively.) The stimuli activate their behavior and mental processes even though they are not able to perceive them. To put it another way, people might be impacted by things they are not even aware they are witnessing. In one experiment, participants were presented a sequence of images and words for so little time that they were unable to recognize them (Shevrin, 1977). Subsequently, when they were invited to engage in free-association, the topics they discussed corresponded to the stimuli that they had been shown but were unable to see. For instance, the terms "sting" and "honey" were associated with the stimulus, which was a image of a bee. The stimuli had an impact on the subjects' mental processes even if they were not conscious of seeing them. The hypothesis that the unconscious influences cognitive function is supported by a large number of these subliminal perception investigations (Westen, 1998).

Effects on Behavior

It was demonstrated through a succession of studies conducted on students of college in Germany and the United States that objectives might be aroused, or activated, without conscious knowledge. Furthermore, even though the pupils were not consciously aware of it, they subsequently demonstrated behaviors to meet these objectives. For instance, they actually performed better on an experimental task since their subliminally aroused aim was to do so. In another case, cooperative behaviors resulted from the subconsciously triggered objective of cooperating on an experimental task. "Activating behavioral goals doesn't require conscious decision-making," according to the study's authors' conclusion (Bargh, Lee-Chai, Gollwitzer, Barndollar, & Troetschel, 2001). In the United States the college students drank more of a beverage that was made available to them when they appeared cheerful faces, which is the level below of conscious awareness, than when they were shown angry expressions. In comparison to the angry-face group, the group of cheerful faces also showed a higher readiness to give money for the beverage and a stronger desire for additional amount of it. According to Winkielman, Berridge and Wilbarger (2005) despite the fact that nobody

looked the expressions consciously, in their unconscious minds the stimulus had recorded and affected the way they behaved.

Impact on Processes of emotion.

Different creative studies have shown that in addition to cognitive and behavioral processes, the unconscious can also affect emotional states. In the study like this, the participants of research were given an image of a woman and a man united at the arms along with the words "I and Mommy are one" for four milliseconds. When this subliminally delivered stimulus was given to male patients with schizophrenia, they improved more than when a control group did not get that message. When exposed to such message, female patients with schizophrenia did not improve; but, when exposed to the message which is subliminal, "I and Daddy are one," they did (Silverman & Weinberger, 1985). According to another different experimental work, the I and Mommy is one notice proved beneficial in assisting a range of contributors of research in quitting drinking and smoking, developing more assertiveness, eating a healthier diet, and lowering their worries. It has been demonstrated that a subliminally transmitted message can be therapeutic (Weinberger & Silverman, 1990). The terms related to anxiety showed the level which is below conscious awareness were considerably more likely to be seen by adults with high anxiety sensitivity scores than by those with low scores, according to an English research of adults. Even though the words were shown so quickly that the participants did not consciously see them, the responsiveness of the earlier group instilled more alertness and hence increased probability to detect terms related to anxiety (Hunt, Keogh, & French, 2006). Previous studies have demonstrated that, despite the subjects' lack of awareness of the subliminally given stimuli—in this example, frightened faces—the subjects' physiological stress levels were increased (Hansel & von Kanel, 2013). Ego resiliency was found to be lower among mothers who gave a low rating to their mothering experiences. According to the study, a person's ego resilience is typically lowered by challenging circumstances, failures and setbacks, or other unpleasant events (Paris & Helson, 2002).

Research Methodology

The academic paper is adopting qualitative methods which include thematic analysis for the shadow self that considers using individual's different perspectives as the base for the investigation. Firstly, this research compiles on a full available literature concerning the Shadow-self sides of people, takes from different psychology and philosophy theories possible answers to questions. Ultimately, the research method will be able to shed light on the nature and expressions of shadow self by drawing information from non-participant observation (NPO) and interviews.

Discussion and Analysis

Understanding of the behavior manifestations of the unconscious components of the personality is crucial in order to comprehend the complexity of human nature. Behavioral manifestations can be manifested in different ways such by slips of the tongue, dreams and instances of behaviour that you cannot seem to make sense of or it seems out of character for the person. By analyzing these manifestations, people can understand their motives, conflicts and unidentified psychological traits.

Moreover, realization of the role of the unconscious side of an individual in the behavior has some favorable outcomes with regard to self-development, psychotherapy, and social interaction. With bringing to consciousness these hidden elements people may address their inner conflicts, replace maladaptive models of behavior and develop appropriate self-awareness and psychological well-being. In other words, the study concerning symbols of unconscious character components in behavior, is a way of higher self-knowledge, personal growth, and emotional power. Having accepted and integrated these hidden traits of the soul, the person will begin to dwell in the environment of self-actualization and liberation, living the life of one's own true self.

Defense Mechanisms and Coping Strategies

Defense mechanisms and coping strategies are important in the individual's handling and adaptation to the unconscious aspects of their personality including those related to the shadow self. The functions of these mechanisms usually include the anxiety reduction, self-esteem protection, and psychic equilibrium maintenance. Yet, they may also aid in the suppression or negation of certain shadow components by twisting awareness of uncomfortable or threatening thoughts, feelings, and wishes.

1. Projection

Defense Mechanism: Projection is the process of attributing respond of unacceptable thoughts, feelings, or impulses to another. For instance, a person who refuses to admit his own aggression may displace that feeling on others seeing them as hostile or aggressive.

Influence on Shadow Self: Projection enables a person to project or discard unwanted parts of his or her personality onto others. Another way in which this defense mechanism is used is by projecting the shadow onto others so that the individuals do not have to confront and accept their own inner conflicts and insecurities.

2. Rationalization

Defense Mechanism: Rationalization is a process of making reasonable excuses or apologies for one's conduct or feelings, often in order to escape confronting painful truths or assuming responsibility. In this case, a person may use rationalization as a means to explain the failure in terms of something that was beyond their control.

Influence on Shadow Self: Rationalization helps individuals to have a positive self-concept and to shield their ego from guilt or shame. Nevertheless, it may also hinder the person from recognizing and resolving the underlying issues of the shadow self, i.e. the unresolved fears or desires.

3. Sublimation

Coping Strategy: Sublimation is when people divert unconscious desires or impulses into socially acceptable behaviors, such as writing or working. For instance, a person within whom aggressive feelings are stored may convert them to games, sports, or some form of artistic work.

Influence on Shadow Self: Sublimation enables people to manifest and direct the repressed parts of the shadow self in productive ways making the likelihood of acting out or psychological symptoms lesser. Nevertheless, it can lead to shadow self partial or incomplete integration, as some aspects are not accessed or explored.

4. Repression

Defense Mechanism: Repression aims at driving back or suppressing painful or threatening thoughts, feelings, or memories into the unconscious, where they are not available for conscious awareness. In particular, the person who suffered from trauma in childhood may suppress memories of the traumatic event to protect himself psychologically.

Influence on Shadow Self: Suppression acts as a major way of protecting some elements of

the shadow self from the light of consciousness. In the beginning protective as it may be, prolonged repression can, in turn, give rise to unresolved psychological conflicts that, in their turn, contribute to such symptoms as anxiety, depression, or psychosomatic disorders.

In essence, defense mechanisms and coping strategies can support and inhibit the absorption of the shadow self into the conscious mind. Though such agents may alleviate discomfort or anxiety more or less temporarily, they may also maintain repression or denial of important parts of the psyche, which impairs personal development and psychological well-being in the course of time. Recognizing and overcoming these defense mechanisms are quite important for individuals to face and assimilate the shadow self, thus, reaching greater self-awareness, genuineness, and emotional flexibility.

Behavioral Manifestations

The other set of behavior manifestations representative of the shadow self include numerous behaviors and patterns that mirror unconscious parts of the personality. These subtle reflections may actually have a much stronger influence in a manner that is not so visible, affecting thinking, feelings, and behavior without the awareness of the person.

1. Projection onto Others

Example: Another individual with insecurity may also generalize these feelings in other people as judgmental or critical. This defense mechanism allows the person to avoid confronting his or her own fear and weaknesses.

2. Sabotaging Success

Example: A person suffering from the unworthiness or fear of success syndrome is likely to exhibit behaviors of procrastination or under performance to success. Such attitudes are subconscious barriers to acknowledge one's own power and potential.

3. Pattern 1: Chronic Conflict or Dysfunction

Example: An adult, who has had a traumatic or dysfunctional childhood, can recreate conflict and dysfunction in their adult relationships unconsciously. These repetitive patterns represent undigested psychological issues and unclaimed shadow self parts.

4. Abuse or dependence Disorders

Example: The people with suppressed emotions or unresolved trauma tend to use compulsive or addictive behaviors like substance abuse or gambling as a coping mechanism. These are forms of fleeting liberation or numbing of painful feelings associated with the shadow selves.

5. Over-Reactions or Tantrums

Example: People who suppress anger or aggression may become very aggressive or hostile for no apparent reasons over trivial things. Such radical reactions are related to the subliminal repression of emotions linked to the shadow self, that comes out when triggered.

6. Reckless or Hazardous Behaviors

Example: An individual with a low self-worth may go so far as to engage in self-harm and reckless driving as self-destructive actions to help them cope with the emotional pain or for them to seek validation. These behaviors are either an unconscious desire for self-punishment or subconscious need to draw attention from others.

7. Overcompensation or Idealization:

Example: Perfectionism and extrovalidation to seek are the characteristics of the person who feels inadequate. This kind of attitudes is, undoubtedly, only cover up of the deeply rooted insecurities and fears of the shadow self, who puts the person into a continuous cage reaching for the unreachable targets.

Briefly, the typical behavioral manifestations of the shadow self are generally due to some psychological conflicts, unresolved trauma or unadmitted parts of oneself. By recognizing and handling these manifestations, individuals will be unraveling the complexities of their mind and embark on a path of self-discovery and integration.

Societal Norms and Cultural Values

Norms of societies and cultural values altogether have an effect on how the shadow self is expressed or repressed by offering patterns into which behaviors, beliefs, and identities fit. These norms and values define the way with which individuals see themselves and others, and how they control us in facing the conflict inside of them and unknowing desires. undefined

1. Stigma and Taboos

Example: In cultures where mental illness is stigmatized, people tend to repress or deny their shadow self which is associated with psychological unrest or mental health disorders. To ask for assistance in matters of emotional suffers would be considered as a point of weakness or a moral failure which makes people to deny the need for evaluation and treatment of their inner struggle.

2. Gender Expectations

Example: The expression and suppression of some aspects of the shadow self might be influenced by societal norms that concern gender roles and expectations. For instance, men

may feel prompt to hide vulnerability or emotional tenderness in order to comply with the traditional model of manhood and to repress these aspects of the shadow self.

3. Cultural Developments in the Sphere of Emotions

Example: The cultures that promote emotional restraint or stoicism may have a taboo against expressing some emotions, such as sadness or fear. People tend to internalize these cultural attitudes and restrain those aspects of their shadow self associated with these emotions, thus, developing emotional numbness or dissociation.

4. Collectivism vs. Individualism Example: Cultures that focus on collectivism and compliance may make individuals reluctant to show peculiar or deviant sides of their personality. This pressure to live in agreement with the expectations that are set in the society can stifle individuality and authenticity and the individuals would rather choose to fit than be themselves.

5. Religious and Moral Qualities Example: Religious doctrines and moral teachings usually determine some codes of conducts and ethical principles an individual should follow. Such deviation may lead to feelings of guilt or shame, which in turn will force the people to suppress or deny certain aspects of their shadow selves that contradict their religious or moral standards.

6. Cultural Norms of Success and Failure

Example: Failures and vulnerability may be unfavoured in such cultures where success and achievement is extolled. An individual might be under pressure to show an outward image of success and competence, denying feelings of inadequacy or self-doubt linked to the shadow self.

Effective Strategies to Integrating and Reconciling the Shadow Self

Integration and reconciliation of the shadow self is a transformation process whereby the elements of the shadow are recognized, accepted and perhaps even incorporated into one's character.

1. Self-awareness and Reflection: Example: Types of introspection are journaling, meditation, or mindfulness which provide people with a chance to develop self-awareness to think about their inner thoughts, feelings, and motives. By the afflictions they have undergone and how they have acted, people start to see the print of their shadow self.

2. Therapeutic Exploration: Psychotherapy, especially approaches such as Jungian therapy or

psychodynamic therapy, is a hostile environment for people to explore their unconscious processes and to handle parts of oneself. Through talks, through the interpretation of dreams and symbols, people attain knowledge of the hidden levels of their soul.

3. **Creative Expression:** Example: Our participation in creative activities such as art, music, writing, and dance enable us to express and explore those aspects of the shadow self through non-verbal and symbolic means. Artistic expression is a potent channel for the externalization of feelings, entry into the unconscious and development of the Self and authenticity.

4. **Shadow Work Exercises**

Example: Shadow letters, the inner archetypal dialogue, or the shadow self collages are the approaches to the shadow work, and these methods, in turn, are the ways of learning and assimilating the unconscious parts of personality in practice. These practices promote individuals to face their shadow self constructively and consciously.

5. **Acceptance and Compassion:** Example: Consequently, self-compassion and acceptance cultivation allow people to nurture the shadow self with love and inquiry instead of contempt or humiliation. The embracement into the shadow self can offer a chance for harmony and oneness to a person, who has accepted all of his or her selves.

6. **Community Support:** Example: Validation, support, and insight may come from friends, mentors, or support groups when integrating the shadow self. Sharing the experience of life and talking to other travelers could create a sense of community and solidarity.

Conclusion

We investigate the shadow self in this research paper, looking into it in the deeper way and focusing on its uncontained components and their strong influence on individuals. Our analysis was based on a multifaceted approach which originated from our research questions. This journey gifted us with essential bits of knowledge about how the shadow self operates, shows itself, is affected by society and how the integration process happens, among other things.

We also found that the defense mechanisms and coping skills play a significant in bringing as well as any of these processes. By denial, avoidance, rationalization and many others, these unconscious parts will be—whether for better or worse—our defenses. To confront and to become acquainted with those parts of ourselves that live in the realm of darkness, the skill of integration of these opposite features and parts of a personality plays an imperative role.

In observing some of the main behavioral characteristics associated with the shadow self, I learnt that they are like the inner part of a multilayer (complex) fabric and that many not-so-conscious aspects are involved within. Starting from the severe differences of the conflicts to the self-destructive actions, these symptoms, in some way, assist us to be more aware of the innermost of the self, letting us know the secret parts of our unconscious minds. Also, the following part of our analysis elaborated that the inner and the outer activities, primarily social norms and cultural values, also affect how shadow self changes. The threefold features of a person including gender stereotypes and religious beliefs are highly influenced by the cultural contexts. This is due to the influences where a person's view of herself and others is molded and the unperceived particulars of the creation of their person are disclosed by cultural contexts in a very subtle but significant manner.

The evaluation of such integration-oriented operational strategies revealed positive impacts of self-awareness, diversity acceptance, and creativity manifestations. Participation in processes of counseling, self-analysis and community activities lead people on the way of reconciliation and integration, being of which, they accept the wholeness of their human nature.

In conclusion, the shadow self investigation has again highlighted its relevance in such a difficult sometimes nature of human behavior and self realization. By showing our unconscious features of the character and their similarity to our actions and we creating a way of realization to self-concern, truthfulness, and self-improvement. May we have the courage and stamina with a loving heart to meet and inquire to the black self. Outcome of this expedition should be we are more developed and adjusted than earlier.

THE END



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