



# Feed Your Wolf: owning your professional shadow

**Greg & Meryem Brown (Copyright) 2010**  
[synergiahr.com.au](http://synergiahr.com.au)  
**Scarborough Qld Australia**  
Please do not remove the copyright from this document

*Cost: \$16.50  
(includes GST)*

# Feed your wolf: owning your caregiver's shadow

## Contents

Introduction	1
Why this booklet?	1
What is the shadow?	4
Where does the shadow come from?	7
As part of the developmental process	
Through a failure to have needs met	
During life transitions	
Where does the care-giver's shadow come from?	10
The helping personality profile	
Professional formation	
The nature of the professional counselling role	
Identifying the shadow	17
Personality type	
Dream work and fantasy work	
Intentional questioning	
Leadership traits	
The shadow – anonymous and untamed	21
Effects on the self	
Denial	
Projection	
Counter transference	
Addictions	
Coups	
Professional effects	26
Integration: making friends with our shadow	27
Towards integration	29
Ownership	
Taming	
Feeding the wolf	
Competition	
Risk & adventure	
Desire for achievement	
Sensuality	
A note about sexuality	33
Shadow work and professional supervision	34
Conclusion	35
Reference List	36
Appendix #1 Johari Window & the shadow	37
Appendix #2 Myers-Briggs Type Indicator & the shadow	38
Appendix #3 The Enneagram & the shadow	39
Appendix #4 Exploring sexual shadow formation	40

© G & M Brown 2010

[synergiahr.com.au](http://synergiahr.com.au)

Scarborough Qld Australia

This material is subject to copyright.

Except as permitted under the Copyright Act 1968 (Cth), no part of this publication may be reproduced by any process, electronic or otherwise, without the specific written permission of the copyright owner.

Neither may information be stored electronically in any form whatsoever without such permission.