

The Shadow

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Legend: A man walks in the middle of the day, there's a sun in the sky, the man walks and the long shadow follows him. Across comes by the devil in human cloths, enthusiastically he points out at the shadow and says to the man: "Sell me your shadow!" The man turns around; he has not heeded there was a shadow following him up to that moment. He thinks to himself: "I have managed up until now so very well without him, why should I keep it, sold the shadow to the devil and died. And C.G. Jung says: The bigger the tree the bigger the shadow!. The Shadow: back in 1945 (after the 2ed. World war, Jung gave a definition to the Shadow: "It is that thing which human being would not wish himself to be", in that he summarized the various sides and ways the shadow can be expressed as the negative part in our personality. The sum of all the unpleasant parts of our personality we would wish to hide away from, the inferior part in us, which is not worthy, the primitive part in human's character, the other person in us, the dark side of our personality .Jung was very aware of the evil and dark side in our personality and in human life. He emphasized in his writings once and again that we all possess a shadow, that in the materialistic there's a shadow, and that the Ego (man's acts) stands to the Shadow, as the Light to the Shadow. Each one of us carries a shadow, the less aware to our shadow, the less it is presented in our consciousness, the bigger the shadow is, the less man knows about his shadow how dark and dangerous it is! If we are aware to our inferiority, we can always repair it, even more; the shadow always creates coalition to other interest and always changes form. If it is denied or repressed and isolated from our consciousness, it can never be repaired and might burst out and surprise us in moments of exhaustion or confusion. In any case it is an unconscious failure which ruins every good intention.

Treating the Shadow requires dealing with instincts, with acts we do while losing temper or being driven by an unrestricted drive – this is where we should look for our shadow.' The shadow is an archetype, its form is universal, all human beings possess the same forms of shadow: the thief, the bandit, the violent character, the sexy woman, the rapper, the greedy, the ugly creature, the witch, the bad mother, the prisoner, the sadist, the image in black, the chaser, the crook, the intriguer, the macho, the whore – all are forms of our shadow .As the shadow is an archetype, it always possesses immense power, operates strongly on the emotion, grasps us obsessively, controls us, it is autonomous, in short, can overwhelm and deteriorate the personality. As all contents which intrude our mind, in the beginning the shadow appears in a projective way: we are not aware of the fact that this is a negative trait in our personality that we deal with. Paradoxically, we identify that negative trait in our significant others: at my mother, at my husband, a business partner, a miserable ugly child, at my best friend, at a member of the group... When we are aware of the fact it prevails in our personality we sense anxiety, doubts. The shadow evokes powerfully, irrationally and projected on the other for good (love) or for bad (hate)!

In therapy the first challenge is to identify the shadow images and find out how it expresses itself. Yet this is the easy part. The other part is even tougher: this is the real challenge – to relate to the shadow in you with a strict educational manner, according to the principle: With him and against him!

With him – as without him (according to the legend...) we are not what we are!

Against him – because when he dominates us he destroys every good part in us!