

# SCANDALMONGER LIST

## TO SUPPORT THE RECOGNITION AND ACCEPTANCE OF SHADOW PARTS

When you get involved in doing shadow work and holding up the mirror to yourself to see what you can learn from the person or group of people who are so triggering you, here's what can happen:

You may struggle to find words for the unpleasant cocktail of emotions that is bubbling up inside you regarding the trigger person(s). This is because some of us have internalized that we should not have such "bad thoughts." But if you can't name the "bad thoughts" at all, it will be difficult to recognize the shadow parts hidden in them and take them to yourself.

To make it easier for you to get to the heart of the unpleasant thoughts inside you, I've created a list of disparaging words for you to draw inspiration from. A slur list, so to speak. Choose the words that describe the qualities you ascribe to the other person or group of people:

---

Aggressive	Grim	Quarrelsome
Ambitious	Handicapped	Racist
Anorexic	Heartless	Reckless
Arrogant	Hopeless	Reproachfully
Awkward	Horrible	resentful
Beastly	Hypersensitive	Retarded
Bigoted	Hypocritical	Ridiculous
Bitchy	hypocritical	Rigid
Bitter	Ignorant	Sad
Bland	Immature	Sadistic
Blocked	Impatient	Scared
Boring	Impotent	Secretive
Bossy	Impulsive	Self-destructive
Bulimic	Inanimate	Sexist
Careless	Incompetent	Shameless
Castrated	Inferior	Sick
Cheeky	Inflexible	Silly
Childish	Insensitive	Sloppy
Cocky	Insidious	Small minded
Codependent	Insignificant	Smelly
Cold	Irresponsible	Snappy
Compulsive	Jealous	Sneaky
Condescending	Lame-ass	Snippy
Contentious	Lazy	Snobbish
Controlling	Limp	Snooty

Cowardly  
Cracked  
Curious  
Cynical  
Dangerous  
Dead  
Defiant  
Depressive  
Desperate  
Destructive  
Devious  
Diabolical  
Dirty  
Disgusting  
Dishonest  
Dominant  
Drug addict  
Drug addicted  
Egotistical  
Elitist  
Emotionally  
Empty  
Envious  
Evil  
Exaggerated  
Explosive  
fake  
Fat  
feeble  
Fragile  
fraudulent  
Frigid  
Furious  
Gay  
Greedy

Locked  
Lustful  
Malicious  
Manipulative  
Masochistic  
Mean  
Mediocre  
Mendacious  
Needy  
Neglected  
Nervous  
Not correct  
Not interesting  
Offensive  
Old  
Opportunistic  
Ordinary  
Overbearing  
Overexcited  
Pandering  
Paranoid  
Parasitic  
Passive  
Pathetic  
Perfectionist  
Perverse  
Petty  
Poorly  
Possessive  
Power hungry  
Pretentious  
Pretentious  
Proletarian  
Prudish  
Psychotic

Soulless  
Spiteful  
Stingy  
Stubborn  
Stupid  
Submissive  
Superficial  
Tactless  
Tasteless  
Tearful  
Thick-skinned  
Thieving  
Thoughtless  
Threatening  
Tyrannical  
Ugly  
Unconsciously  
Uneducated  
Unfair  
Unforgiving  
Unpunctual  
Unreliable  
Unscrupulous  
Unsure  
Useless  
Venal  
Vindictive  
Violent  
Virgin  
Wasteful  
Weak  
Wild  
Withdrawn  
Worthless

---

Be aware that the qualities you attribute to the other person or group of people are your own shadow parts! These are qualities you don't like and think you don't have, but which you do have.

To take the respective shadow parts to yourself and make your peace with them - and by extension, with the person(s) who trigger you so - I would recommend that you go through the self-coaching process in my "Reclaim your Power" workbook or do the following.

**Exercise:**

Sit in front of a mirror, look yourself in the eye and say the following sentence, "I am ... (shadow part, e.g., malicious)." Repeat the sentence until you no longer feel any resistance to the shadow part, and you no longer mind being called that.