

SHADOW SELF



In a revealing episode of *X-Men '97*, Jean Grey confronts a clone of herself who has transformed into the Goblin Queen under the influence of Mr. Sinister. Through a telepathic connection, Jean reaches out to her clone, reminding her of her true self—filled with empathy and kindness. This moment highlights the power of self-awareness when interacting with our hidden, darker impulses, the shadow self.

1 How does Jean's interaction with her clone reflect the concept of braving one's "shadow self"?

2 Think of a time when you had to confront or acknowledge a part of yourself that you're not proud of. How did you handle it?

3 Jean uses empathy and understanding to reach out to the Goblin Queen. How can you have a compassionate dialogue with your "shadow self"?

4 The Goblin Queen is initially filled with rage and confusion. How can negative emotions be transformed into opportunities for self-discovery and change?

5 What does Jean Grey's story teach us about the journey of self-discovery and accepting all parts of ourselves?

6 How can we apply the lessons from Jean's experience to our lives, especially during challenging times?



x



x



Created by Ariel Landrum, LMFT
and Stefanie Bautista, MA

