

Persona and Shadow Insights Part 1

By Dr. John Simms, PhD

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In regards to Carl Jung's Persona and Shadow Analytical Psychology Archetypes,

The Persona is a metaphorical mask or front you present to others

whereas

The Shadow encompasses the subconscious mind and your true self and your hidden thoughts and feelings not to mention anything that's secretive, unknown, suppressed and repressed.

As for the Personal and Collective Shadows,

The Personal Shadow deals with a single person

whereas

The Collective Shadow involves a group of people or culture.

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