

## Abstract

This qualitative study was a phenomenological/heuristic exploration of Jung's Shadow Archetype in Gestalt Therapy. There was no hypothesis. My study arrived at independent conclusions some of which were confirmed by the literature, and some of which contrasted with the literature. Collection of the data was accomplished with unstructured, open-ended interviews of four participants. Phenomenological reduction of the transcriptions of these interviews revealed the essential and invariant themes, which were then described. Shadow was found to be associated with the affects of rage, anger, jealousy and shame which was central to shadow process. Shadow was not associated with the affect of fear in contrast to the literature. The relation of the Shadow to conscious self was in terms of polarities light-dark, good-evil, acceptable-unacceptable, power-powerless, in awareness-out of awareness, and expression-control of affect and behaviour. All of these polarities were mediated by shame. I concluded that shadow is a metaphor for the self uncontained by environment.