

EMOTIONAL SHADOWS

情緒陰影

Understanding and thereby mastering one's own negative emotions is an incredibly difficult task. Emotional Shadows describes psychological complexes in the form of fifty-six Jungian archetypes in order to bring us consciously closer to the sources of our own anger, fear, and insecurity.

It's easy to think of our negative emotions – rage, fear, jealousy, et cetera – as specific reactions to specific situations. Yet, as anyone who's talked about “an inferiority complex,” or “Daddy issues” knows, some kinds of past experiences can create patterns of repetitive behavior that guide our hearts invisibly. In *Emotional Shadows*, author Hsu Hao-Yi gives those dark complexes visible form by connecting them to fifty-six “emotional archetypes.”

Inspired by the research of C.G. Jung, these emotional archetypes, like “the avenger,” “the princess,” “the bully,” and many others describe modes of self-identification created by past experience which guide our emotional lives in both positive and negative ways. An “avenger” archetype that drives a person to react aggressively against all perceived injustice – even bad driving – may allow someone to save lives, or get in destructive fights over nothing. Either way, it probably stems from a deep, childlike complaint of never having been treated fairly.

Long-time counseling expert Hsu Hao-Yi recalibrates American psychiatrist Carolyn Myss's original seventy-four “archetype cards” according to her understanding of East Asian culture into fifty-six easily recognizable emotional archetypes that give clear form to psychic entities that can be hard to grasp, thereby allowing us to understand and thereby master them.

Hsu Hao-Yi 許皓宜

Hsu Hao-Yi is an expert in psychiatric counseling with many years of clinical and educational experience. She is the author of several influential self-help titles, such as *In All Four Seasons of Love, You Can Still Be Yourself*, *Why is Work Exhausting? Your Heart is Exhausted*, and several others. She is also a well-known contributor to periodical and television media.



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Epilogue: Reorganizing the Archetypal Life

How Do You Use Your “Emotional Shadows” to Resolve Emotional Disturbances in Your Daily Life?

Put simply, emotional shadows are contaminants that reside deep within our psyche. Certain real-world experiences cause these degradations that exist within our subconscious mind to collide with our actual experiences and subsequently trigger our inherent and specific emotional responses. For example, “authoritative elders” often elicit emotional responses in people. Some respond with “fear (to cower),” others with “contradiction (to challenge).” In other words, “authority” is likely a spiritual contaminant that a lot of people share, but the response it incites can disturb our lives by manifesting itself in many different emotional guises.

In order to understand the universality of emotional shadows, as well as the internal emotional fabric that develops after experiencing disturbances from these spiritual impurities, we can use the concept of archetypes to concretize the images of these spiritual impurities (i.e. emotional shadows) and arrange them into the four developmental directions of emotional shadows.

1. Emotional shadows can cause past emotional experiences to manifest themselves in your current interpersonal relationships.

For example, from our earlier description of Mrs. Wang, we know she has already acknowledged that her problems are related to her husband being gone all year. Thinking logically, one might expect that the problems caused by an absent father/husband would be solved once the husband returns home and spends more time with his family. The relationship between the father and son is not good, and requires Mrs. Wang, who spends more time with the son, to act as a communication bridge between them and to explain to the son why his father has to leave. Once the father and the son re-establish the bond between them, as a male figure, the father can help his son resolve his adolescent angst. Doesn't this sound simple? Then why is Mrs. Wang incapable of letting go?

The most reasonable explanation is that Mrs. Wang has her own unique emotional experience related to the father/husband figure. For example, Mrs. Wang also had an absentee father, so when her husband behaves in similar fashion, her own anger manifests itself vicariously in the father-son relationship of her current household.

By digging a little deeper into her subconscious, we can even come up with a theory: perhaps Mrs. Wang just doesn't expect for the relationship between her son and husband to get better!

How is that possible?

I don't know either. Only by delving deep into the "father" archetype within her own subconscious will Mrs. Wang be able to understand what type of emotional shadows hide there. Only then will she be able to get over her emotional hangup and truly do what she knows she's supposed to do.

2. Emotional shadows always make us adhere to certain "beliefs" in our interpersonal relationships.

Let's have a look at Hsiang, the office worker. You can see from his description that he has a series of rules in his heart that he feels he must adhere to. Let us boldly hypothesize that these rules are possibly a result of his past experiences, and were taught to him by certain people or certain situations.

Therefore, Hsiang must explore the contents of his internal "preacher" archetype. Moreover, he must ask whether or not these rules have already developed into a belief in the "maiden" archetype, causing him to become a perfectionist.

In the past, was Hsiang required to be a perfect person? Or was he punished for not following rules? Did this cause him to unknowingly adopt these ideas about how he should act? Or perhaps in his heart, he is actually a little envious of the coworker who is permitted to do his job however he likes.

Once he processes these emotional connections, Hsiang will realize that perhaps his desire to quit isn't motivated by hatred of his boss and coworkers, but by the fear that if he stays, he will no longer be the perfectionist he always has been.

3. Emotional shadows lead to automated "behavior" in our interpersonal interactions that is difficult to control.

Here we have Chia-Hsien, the newly promoted manager who can't help but tailgait other drivers who cut him off during his morning commute. Even though he knows the road is dangerous, his behavior is still compulsive. Doesn't this kind of behavior sound like an "avenger"? Therefore, it would be worthwhile for Chia-Hsien to explore the significance the "avenger" archetype might have in his life. Then he will be able to understand that his need tailgait is rooted in something he doesn't yet understand about himself.

Perhaps hidden behind Chia-Hsien's strong avenger exterior lies an injured "inner child" who feels as if he's never been treated fairly.

4. Emotional shadows repeatedly trap us in fear of certain subjects

Take for example the case of An-Chi, the lecturer. The experience she described doesn't actually have anything to do with other people. It is primarily her own imagination of whether or not she had given a good lecture. Of course, this might be an emotional cue taken from her audience's body language, but even when other people give her praise, she is so absorbed in her own fears that she doesn't believe them.

We can see from An-Chi's description that her sense of fear is connected to the topic of "whether or not other people like me." If she wants to understand her own emotional shadows,

An-Chi can explore the significance of the “popular kid” archetype in her life, as well as what part of her being she is actually trying to repress.

Once she understands this about herself, An-Chi can try to shed her fear of not being liked and ask herself, “Do other people really not like me, or is it that I don’t like myself, so I just imagine that others don’t like me?”