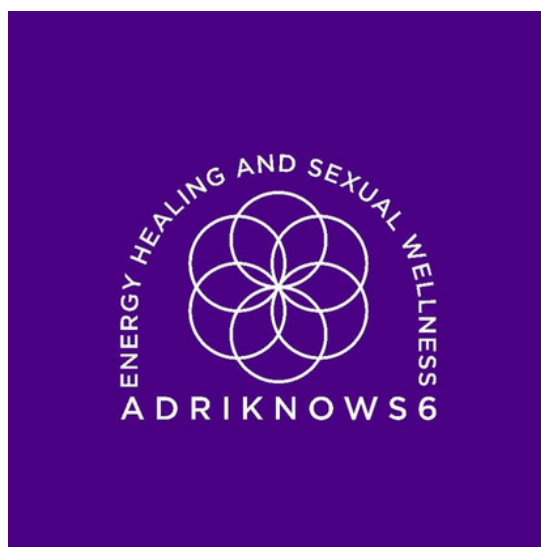


# **Full Moon in Scorpio 2025**

Shadow Work Journal



Sun, Moon and Rising

## How to Use This Journal with Your Sun, Moon, and Rising Signs

The Scorpio Full Moon brings deep transformation, emotional purging, and powerful insight. To harness this energy, use the shadow work prompts in this guide aligned with your Sun, Moon, and Rising signs. Each offers a unique lens into your growth:

### SUN SIGN - Core Identity:

- Reflect on how the shadow question applies to your sense of self, ambitions, or outward expression.
- Ask: How does this pattern show up in my decisions, identity, or pride?

### MOON SIGN - Emotional Landscape:

- Use the prompt to explore your emotional wounds, coping mechanisms, and inner child.
- Ask: Where do I hide these feelings? How do I react when I'm triggered?

### RISING SIGN - Life Path & First Impressions:

- Journal through this lens to see how these shadows impact your relationships, choices, and growth path.
- Ask: What am I projecting? What energy am I carrying into the world unconsciously?

### Tips for Deeper Shadow Work:

- Be honest, not perfect. This space is for truth, not performance.
- Use all three signs. You are a blend, and all three offer wisdom.
- Take your time. This isn't meant to be rushed. Sit with each prompt.
- Repeat at future moons. Shadows shift. Revisiting these can bring new clarity.

# Aries

### Shadow Work Question:

Where does my need to lead or win come from-am I avoiding vulnerability by charging ahead?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Taurus

### Shadow Work Question:

What am I holding onto out of fear of change, and how is this preventing me from evolving?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

# Gemini

### Shadow Work Question:

Do I use distraction or overthinking to avoid feeling or speaking my deepest truths?

This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.This image shows a full page of blank handwriting practice paper. It features ten evenly spaced, horizontal brown lines running across the entire width of the page. The background is a solid light gray color. There are no margins, text, or other markings on the page.

# Cancer

### Shadow Work Question:

How have I emotionally manipulated or over-nurtured others to feel needed or in control?

[illegible]This image shows a single sheet of white paper with ten horizontal brown lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

# Leo

### Shadow Work Question:

Is my self-worth tied to being seen or validated by others-and who am I when I'm unseen?

[illegible]

# Virgo

### Shadow Work Question:

Do I control through criticism or perfectionism-and what part of me fears being "messy" or human?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.



# Libra

### Shadow Work Question:

Am I sacrificing my needs for harmony-and what resentment or imbalance lives under the surface?

[illegible]

## Scorpio

### Shadow Work Question:

Where have I hidden pain or power so deeply that it's now controlling me from the shadows?

This image shows a full page of blank, lined paper. It features approximately 20 horizontal brown lines spaced evenly across the page, typical of notebook paper. The background is white, and there are no margins, text, or other markings present.

# Sagittarius

### Shadow Work Question:

Do I escape or spiritually bypass hard truths in favor of adventure, freedom, or optimism?

This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.[illegible]

## Capricorn

### Shadow Work Question:

Am I over-identifying with achievement or control to avoid feeling unworthy or unsupported?

[illegible]

# Aquarius

### Shadow Work Question:

Do I detach or intellectualize emotions to avoid intimacy, and what does true connection cost me?

[illegible]

## Pisces

### Shadow Work Question:

Where am I overgiving, losing boundaries, or becoming a martyr to feel spiritually significant?

[illegible]

# ***Path to Integrate and Heal What You Discover in the Journal***

## **1. Witness Without Judgment**

Read back what you've written. Don't analyze it, just witness it. Let the rawness be enough.

## **2. Identify the Root**

Ask: Where did this pattern begin? Who taught me this? What part of me needed this to survive?

## **3. Validate Your Experience**

Whisper to yourself: It makes sense. I did what I had to do. Your shadow was a protector.

## **4. Choose Compassion Over Shame**

Swap "Why am I like this?" for "What does this part of me need now?"

## **5. Reclaim Power Through Ritual**

Burn a symbolic page. Speak a declaration aloud. Move your body. Shadow doesn't leave by thinking, it leaves through embodiment.

## **6. Anchor a New Truth**

Write down a truth that feels real and empowering.

Example: "I can be vulnerable and still be safe."

## **7. Commit to Integration**

Shadow work is a cycle. Schedule another check-in at the next moon. Healing unfolds in spirals, not straight lines.

***You are the alchemist of your healing.***

Reflect. Release. Rise.

