



Get Unstuck with Your Moon Sign

Discover what's driving the
behaviors you can't
seem to change—
and how your Moon sign
can help you
break the cycle

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Have you ever caught yourself doing the very thing you know doesn't serve you—and wondered, "Why can't I stop doing this?"

Maybe you overthink everything. People-please. Shut down. Get defensive. Chase perfection. Scroll when you swore you wouldn't. Or keep repeating the same relationship patterns.

You get triggered, and before you even realize what's happening, you fall right back into the same emotional pattern.

Underneath that pattern is an unconscious belief about yourself, and the behavior you want to stop is how you learned to protect yourself.

How these beliefs begin

As children, **we make sense of painful experiences by forming beliefs about ourselves and what we need to do to feel loved, accepted, and safe.**

These beliefs sound like:

- *I'm not enough.*
- *Something's wrong with me.*
- *I'm too much.*
- *I'm not important.*
- *I have to keep everyone happy.*
- *I have to do everything myself.*
- *I have to earn love.*
- *I have to be perfect.*



These beliefs aren't actually facts

They're conclusions your younger self made while trying to make sense of confusing or overwhelming experiences.

What helped protect you then is still shaping your behavior now.

How these beliefs keep us stuck

Your unconscious beliefs become the lens through which you experience life—quietly influencing how you think, feel, and react.

When something activates that belief, **you automatically fall back on the behavior you learned to protect yourself.**

That's why you keep repeating the same patterns—overthinking, people-pleasing, perfectionism, shutting down, getting defensive, endless scrolling—even when you desperately want to respond differently.

You aren't consciously choosing the pattern. It's running on autopilot.

Awareness creates choice

You can't change a pattern you don't know you're running.

That's why **Reveal** is the first step in my *Astrology for Real Life Method*. Before we can change a pattern, we have to see it.

That's where your Moon sign comes in.



Your Moon sign: how your pattern plays out

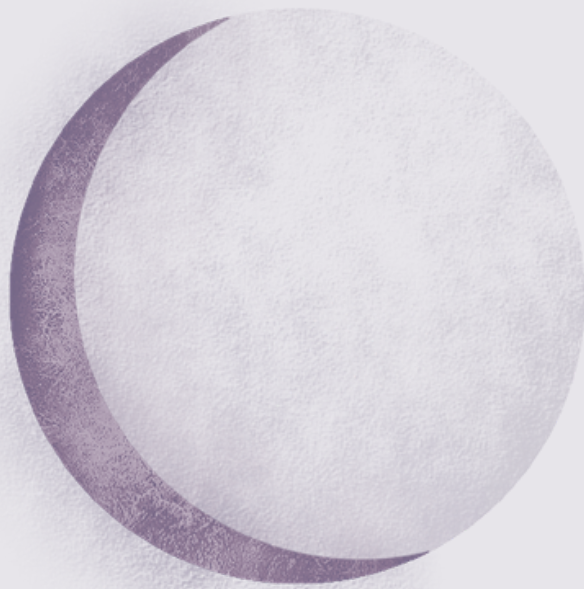
Most astrologers say your Moon sign describes your emotions.

I think it goes a step further.

Your Moon sign offers clues about **how you instinctively respond when an unconscious belief gets triggered.**

Once you recognize the pattern, you have more choice in how you respond.

Let's find your Moon sign
and
discover how you learned to protect yourself



Aries Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- taking action immediately
- becoming fiercely independent
- pushing through your feelings
- proving your strength
- reacting quickly before anyone can hurt you

Reflection

What feeling am I trying to outrun?

Tiny action

Pause before reacting. Ask yourself whether this situation needs courage—or simply presence.

Taurus Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- keeping everything predictable
- holding tightly to what feels familiar
- seeking comfort or security
- resisting change
- creating stability around yourself

Reflection

Am I choosing what's familiar or what's actually right for me?

Tiny action

Try one small change instead of resisting all change.



Gemini Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- thinking instead of feeling
- gathering more information
- talking it through repeatedly
- distracting yourself
- keeping things light

Reflection

What emotion am I explaining instead of experiencing?

Tiny action

Spend a few quiet minutes simply noticing what you're feeling without trying to solve it.



Cancer Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- withdrawing
- protecting yourself
- nurturing everyone else
- seeking reassurance
- holding on to what's familiar

Reflection

Am I caring for myself as much as I'm caring for everyone else?

Tiny action

Ask for support instead of assuming you have to carry everything alone.

Leo Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- proving your worth
- seeking recognition
- performing
- being generous to everyone else
- trying to shine brighter

Reflection

Who would I be if I didn't have to earn approval?

Tiny action

Notice one quality you appreciate about yourself without waiting for someone else to confirm it.

Virgo Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- fixing
- improving
- overthinking
- being useful
- getting it right
- perfectionism

Reflection

What would happen if I believed I was already enough?

Tiny action

Notice the pattern before trying to change it.

Libra Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- keeping the peace
- avoiding conflict
- people-pleasing
- seeking approval
- putting everyone else's needs first

Reflection

Am I choosing peace—or avoiding discomfort?

Tiny action

Express one honest opinion, even if someone might disagree.

Scorpio Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- staying guarded
- controlling the situation
- expecting betrayal
- testing trust
- keeping your vulnerability hidden

Reflection

What am I trying to protect?

Tiny action

Share one honest feeling with someone you trust instead of carrying it alone.



Sagittarius Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- focusing on the positive
- staying busy with new adventures
- avoiding heavy emotions
- searching for meaning
- keeping your options open

Reflection

What feeling am I trying to rise above instead of move through?

Tiny action

Let yourself sit with one uncomfortable emotion before looking for the lesson.



Capricorn Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- working harder
- taking responsibility
- staying productive
- keeping your emotions contained
- proving your competence

Reflection

Who am I without my accomplishments?

Tiny action

Allow yourself to rest without needing to earn it.

Aquarius Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- stepping back emotionally
- intellectualizing your feelings
- valuing independence over closeness
- observing instead of participating
- convincing yourself you don't need anyone

Reflection

What would happen if I let someone see what I'm really feeling?

Tiny action

Share something personal before you've completely figured it out.

Pisces Moon

When an old fear or unconscious belief gets activated...

You may try to regain a sense of safety by:

- escaping reality
- absorbing other people's emotions
- rescuing others
- dreaming instead of acting
- hoping things will simply work themselves out

Reflection

What belongs to me—and what belongs to someone else?

Tiny action

Come back to the present moment before trying to save or fix anyone else.

Reveal

You've just practiced Step One of my *Astrology for Real Life Method*: **Reveal.**

You recognized a pattern your Moon sign may instinctively reach for to protect you.

That's awareness. And awareness gives you choice.

But seeing the pattern doesn't automatically change it.

That's where Reclaim and Rewire come in.

Reclaim

Reclaim is where you begin separating **who you are from the story you learned to believe about yourself.**

Your unconscious belief isn't fact.

You reclaim the truth of who you've always been underneath it.

Rewire

Rewire is where you begin **living from that truth instead of the old belief.**

Through tiny, intentional actions, you strengthen new ways of thinking, feeling, and responding.

With practice, the old pattern stops being your automatic response.



Knowing isn't the same as changing

You've probably had plenty of aha moments about yourself.

The hard part is remembering what you know when the old pattern actually shows up.

That's where change happens—in real life, in the moment when you normally overthink, people-please, shut down, get defensive, chase perfection, or fall back into whatever you've always done.

You notice. You pause. And you practice choosing something different.

That's the work we do together inside **Moon Sisters Circle**.

We use the current astrology as our monthly guide to uncover the unconscious beliefs driving your patterns, notice how they're showing up in your real life, and take small, intentional actions to begin responding differently.

Because lasting change rarely happens in one giant breakthrough.

It happens through small shifts, practiced consistently over time.



Moon Sisters Circle

Moon Sisters Circle gives you the support, coaching, community, and monthly rhythm to **turn what you're learning about yourself into real-life change.**

Little by little, the old patterns lose their grip—and you have more freedom to choose what happens next.

Ready to practice choosing differently?

EXPLORE MOON SISTERS CIRCLE → SheridanSemple.com

