

SELF-HONOR:

Staying True to Yourself While Seeing Another Side

A Libra New Moon Cycle Guide

Welcome to Self-Honor

There are times when we know what we want but struggle to express it, particularly when another person is involved. We might want to reconnect, speak honestly about something important, get to know someone better, or step into an unfamiliar group. Our desire can be genuine even when hesitation comes along with it. Relationships ask us to consider not only what matters to us, but also the experiences, feelings, and choices of someone else.

This month, we are exploring what it means to honour ourselves while making room for others. We will look at the alarms that arise when something matters to us, the conversations we rehearse before speaking, and what happens when another person brings a perspective we did not anticipate. We may find common ground, hear something difficult, or discover that a response is different from the one we hoped for.

Self-Honor is expressed in how we listen, what we choose to say, and how we respond when an outcome is not entirely ours to decide. Over four weeks, you will carry one meaningful desire through reflection, preparation, communication, and acceptance. You will not need a perfect ending to discover something worth taking into everyday life.

How to Use This Workbook

This workbook follows one situation through four weeks. Choose something you genuinely want that involves connecting with another person. It might be an unresolved conversation, a relationship you would like to strengthen, someone you would like to know better, or an activity you want to try with others. Choose something safe and manageable to explore. The desire should be yours, rather than a conversation you feel obligated to have.

Give yourself time to write beyond your first answer. Return to a question if you discover something new. You may not have the actual conversation during this cycle; practicing it can still teach you something, provided you remember that the other person's real response remains unknown. The purpose is not to secure a particular answer. It is to practice being honest about what matters to you while respecting what is not yours to control.

The Four-Week Journey

Week 1 — RECOGNIZE: [When the Picture Changes](#)

Notice the emotions, bodily sensations, and alarms that arise around your desire.

Week 2 — REHEARSE: [Why We Rehearse Conversations](#)

Examine the conversations and situations you have rehearsed in your mind.

Week 3 — COMMUNICATE: [From Where We Were Standing](#)

Speak and listen, either in a real conversation or through role-play with someone you trust.

Week 4 — MOVE FORWARD: [Living Forward](#)

What happened, what you can accept, and how you will move forward

What Is Self-Honor?

Self-Honor is the practice of speaking and acting in ways that reflect our personal truth, values, and integrity. It shapes how we treat ourselves and others, especially when our needs or beliefs differ. Instead of measuring our worth through praise, approval, or another person's expectations, we learn to recognize it through our own character and the choices we are willing to stand behind.

Honoring Our Limits

We can care about someone and still say no. We can value a relationship without continually giving away our time, energy, or peace of mind to preserve it. Boundaries can make a connection more honest by allowing us to participate without resentment or the feeling that we must disappear to keep everyone else comfortable.

Honoring Our Words

Self-Honor matters when silence seems easier than honesty. We may need to speak from the heart, even when the words are difficult, while also giving another person our full attention without immediately judging or preparing a defence. Speaking truthfully does not excuse cruelty. Listening openly does not require us to agree or abandon what we know about our own experience.

Honoring Our Choices

We cannot control how someone receives our words, whether they agree, or what they choose to do next. We can reconsider, compromise, apologize, or change direction without betraying our integrity. Self-Honor is not about winning, always getting our way, or being praised for our decisions. It is about choosing responses we can continue to respect, accepting what happened, and moving forward without losing ourselves.

New Moon in Libra: Finding Two Truths

October 10, 2026

Balance isn't always 50/50. Sometimes it's fifty shades of grey.

The October 10 New Moon in Libra invites us to reconsider what balance really means when circumstances change. We often think of balance as finding the middle ground, making things equal, or choosing between right and wrong. But what happens when both sides of a story contain something true, and neither offers a simple answer?

Through the ancient story of Demeter and Persephone, we explore how a handful of pomegranate seeds changed an agreement, challenged expectations, and revealed that returning to what was isn't always possible. With Venus travelling backward through Scorpio, this New Moon takes us beneath the surface, where what we discover may change how we understand the situation.

Can we make room for another truth without abandoning our own? And when the scales shift, can we recognize that something may have changed without losing everything that mattered before?

Read [New Moon in Libra: Finding Two Truths](#) to explore the story behind this lunar cycle and the questions that begin our journey into Self-Honor.

Week 1 — When the Picture Changes

Recognizing the Alarm

There are things we want to say, experiences we'd like to have, and connections we'd like to explore, yet something holds us back. Sometimes it's an uncomfortable memory, an earlier disappointment, or a conversation that ended without resolution. Other times, it's an opportunity we wanted to pursue but couldn't bring ourselves to take the first step. Even when the desire remains, thinking about it can bring up a mixture of emotions, some encouraging us to move forward and others making us hesitate.

In [When the Picture Changes](#), we explored how our fight, flight, and freeze responses can influence the way we experience a situation. An alarm is our mind and body's way of responding to a perceived threat, whether that threat is real or connected to something we've experienced before. It might make us defensive, encourage us to withdraw, or leave us feeling unable to act. But not every uncomfortable feeling is an alarm, and not every alarm means we're in danger. This week, we're exploring the difference between what we genuinely want and what might be holding us back.

Choose Your Desire

For the next four weeks, you'll explore one situation involving another person that you genuinely want to pursue. It might be an unresolved conversation, a relationship you'd like to strengthen, an invitation you've hesitated to extend, or an activity you've wanted to try but keep putting off. Choose something meaningful to you, even if part of you feels uncertain about it.

Take your time with the following questions. Look beyond your first answer and give yourself room to explore both the desire and the hesitation.

1. What is something you genuinely want to experience, express, or pursue that involves connecting with another person? What draws you toward it, and what has kept you from following through?
2. When you acknowledge this desire, what happens emotionally and physically? Where do you feel excitement, hesitation, tension, or discomfort? What do you notice yourself wanting to do in response?
3. What does this hesitation remind you of? Think about earlier experiences, disappointments, or messages you've received about yourself. Is there something from the past that might be influencing how you respond to this opportunity today?
4. If you set aside the expectation that this experience will turn out like the last one, what is it you still want?

Carrying It Forward

You may have discovered that wanting something and feeling hesitant about it can exist together. An earlier experience may explain why an alarm sounds, but it doesn't necessarily tell us what will happen this time. For now, allow yourself to acknowledge both the desire and the hesitation without needing to resolve either one. As the week unfolds, notice when your mind returns to this situation and what conversations begin taking shape. We'll explore those thoughts in Week 2.

Week 2 — Why We Rehearse Conversations

The Reality We Cannot Edit

Once we've acknowledged something we want, our minds can begin preparing for what might happen next. We imagine what we'll say, how we'll behave, and how someone else might respond. Sometimes we're creating an entire scene involving people we've never met. Other times, we're drawing on years of experience with someone we know well, anticipating familiar words, expressions, or reactions. Before anything has happened, we may have already lived through a dozen different versions of the same situation.

In [Why We Rehearse Conversations: The Reality We Cannot Edit](#), we explored how easily preparation can become an endless cycle of imagined possibilities. Rehearsing can help us find our words and feel more prepared, but it can also become an attempt to prevent disappointment or find the perfect ending. We may know what someone has said in the past, but we cannot know exactly what they'll say this time.

This week, we're exploring the difference between the conversation we expect, the one we hope for, and the reality we have yet to experience.

The Conversations in Our Heads

Return to the desire you chose in Week 1. Think about the conversations or situations you've already imagined around it. You may have rehearsed what you'll say, pictured how others might behave, or played out several possible endings. Take your time writing out the different versions. Notice the details you've created and where your expectations come from.

1. The version you expect. Based on previous experiences, what do you imagine will happen? What might the other person say or do, and how do you see yourself responding?
2. The version you hope for. If the situation unfolded the way you genuinely wanted, what would happen? What would you love to hear, experience, or understand?
3. The version you cannot know. Which parts of these imagined conversations are based on what you actually know, and which parts are assumptions about another person's thoughts, feelings, or choices?

When Preparation Becomes Repetition

Sometimes we return to the same conversation because we believe one more rehearsal will help us find the right words or avoid an uncomfortable outcome. But every new version can create another possibility to consider, and eventually we're spending more time preparing for the experience than allowing ourselves to have it.

What are you trying to prepare for, prevent, or change through these rehearsals? Are you searching for a way to influence an outcome you cannot control?

Carrying It Forward

You can prepare your own words, consider different possibilities, and learn from previous experiences. What you cannot do is decide how another person will respond or guarantee how a situation will unfold. The conversation you expect and the one you hope for may both be very different from what actually happens. As you move into Week 3, consider what you genuinely want to express and leave room for the other person to bring their own perspective into the conversation.

Full Moon in Taurus: When Two Truths Meet

October 25, 2026

The Full Moon in Taurus brings our attention to what we've worked hard to build, what we value and what gives us a sense of security. It illuminates what is thriving, what needs our care and what may have changed while we were busy trying to hold everything together. Something can still matter deeply to us, even when it no longer looks or feels the way it once did.

With the Moon in Taurus opposite the Sun in Scorpio, we're invited to consider two sides of the same experience. Taurus reminds us of what we've invested, protected and come to depend on, while Scorpio asks us to look beneath the surface at the emotions, experiences and changes we may not fully understand. Like Persephone returning to a garden that has changed during her absence, we may discover that what we remember and what exists today are both part of the story.

This Full Moon reminds us that understanding another perspective doesn't require us to dismiss our own. Both truths can remain valid, but what we learn from each may change how we move forward. **What we build from here has to be strong enough to hold both.**

Read [Full Moon in Taurus: When Two Truths Meet](#), to explore the story behind this lunar cycle and the questions that begin our journey into Self-Honor.

Week 3 — From Where We Were Standing

Making Room for Another Perspective

We've spent the past two weeks exploring something we genuinely want, recognizing the alarms it brings up, and noticing the conversations we've been creating in our minds. We may have imagined the perfect response, prepared ourselves for disappointment, or searched for words that would make everything go smoothly. But when another person enters the conversation, they bring their own experiences, feelings, and understanding of the situation. What seems obvious from where we're standing may look quite different from where they are.

In [From Where We Were Standing](#), we explored how two people can experience the same situation and come away with different understandings of what happened. Neither person has to abandon their experience to recognize that another perspective exists. This week, we're moving beyond the conversations in our heads and giving our words an opportunity to be heard. The purpose isn't to convince someone to agree with us or to get the response we've rehearsed. It's to communicate what matters to us while remaining willing to hear something we hadn't considered.

Give the Conversation a Voice

Return to the desire you've been exploring since Week 1. If the situation feels appropriate and safe, consider having the conversation, extending the invitation, or taking the step you've been thinking about. You might ask someone to spend time together, express a need in an existing relationship, reconnect after a disagreement, or introduce yourself in an unfamiliar setting.

If having the conversation isn't possible right now, ask a trusted friend to role-play it with you. Explain the situation and allow them to respond naturally rather than following a script. You can even exchange roles to explore how the conversation might feel from another position. Remember, their response is another possible perspective, not a prediction of what the actual person will say.

Explore the Experience

1. Before you began, what did you most want the other person to understand about your desire or experience? How did you choose to express it in your own words?
2. What happened when the other person had an opportunity to respond? What did you hear, notice, or discover that differed from the conversations you'd rehearsed?
3. Were there moments when you wanted to explain yourself further, defend your position, withdraw, or change what you were saying? What was happening in the conversation when you noticed those reactions?
4. Looking at the situation from both sides, what can you now understand about the other person's perspective while still respecting your own feelings, needs, or desires?

Carrying It Forward

An honest conversation doesn't guarantee agreement, and understanding another person's perspective doesn't require us to change our own. Sometimes we discover common ground; other times, we learn that our experiences or desires are different. Either way, we've allowed something to happen beyond the versions we created in our minds. Next week, we'll look at how the experience unfolded, what we can accept, and how we want to move forward.

Week 4 — Living Forward

Accepting What Happened and Choosing What Comes Next

Four weeks ago, we began with something we genuinely wanted, even though part of us hesitated. We explored the alarms that surfaced, the conversations we rehearsed, and the different possibilities we imagined. Eventually, we gave ourselves an opportunity to speak, listen, and experience something beyond the stories we'd created in our minds. Now we have something we didn't have when we began: a clearer understanding of ourselves, the situation, and what may be possible.

In [Living Forward](#), we explored what happens when an outcome isn't entirely ours to decide. Sometimes we receive the response we hoped for, and other times we hear something disappointing, unexpected, or difficult to accept. We might discover common ground, realize that someone wants something different, or find that a situation remains unresolved. Self-Honor isn't about getting the outcome we wanted or pretending we're satisfied when we're not. It's about acknowledging what happened, respecting what we cannot control, and choosing how we want to move forward.

How Did It Turn Out?

Return to the desire you chose in Week 1 and consider where things stand today. You may have had the conversation, taken the opportunity, or practiced expressing yourself with someone you trust. Think about what actually happened, rather than the versions you imagined along the way. If you practiced through role-play, reflect on what you discovered while recognizing that the real conversation may still be ahead of you.

1. How did your conversation or experience unfold? What happened, what surprised you, and how did the outcome compare with what you originally hoped for?
2. What did you learn about yourself and the other person through this experience? Did anything change in how you understand the situation, your desire, or the possibilities available to you?
3. What part of the outcome can you accept as it is, even if it wasn't what you wanted? Is there anything you need to acknowledge, appreciate, or release before deciding what comes next?

Carrying It Forward

The experience may have unfolded exactly as you hoped, or it may have taken you somewhere unexpected. Either way, you've practiced acknowledging what you want, recognizing your reactions, questioning the stories you create, and communicating with greater honesty. These are practices you can return to whenever another situation asks you to step beyond what feels familiar. If something remains unresolved, you can revisit the part of this journey that needs more attention, without losing sight of what you've already learned.

Self-Honor is accepting what happened, remaining true to ourselves, and choosing how we move forward.

What I Choose to Carry Forward

Throughout these four weeks, we've explored what happens when something we genuinely want involves another person. We've learned to recognize when an alarm goes off and consider whether it's responding to what's happening now or something we've experienced before. We've noticed how easily our minds can become caught in replaying old conversations or rehearsing new ones, searching for the right words or an outcome we cannot guarantee. And we've discovered that eventually, thinking about something has to give way to experiencing it.

Taking action means allowing ourselves to step beyond the conversations we've created in our minds. It means speaking honestly about what matters to us while giving another person the opportunity to share their own experience. We can listen with an open mind, acknowledge their truth, and still remain faithful to our own. Understanding someone else's perspective doesn't mean we have to agree with it, just as speaking our truth doesn't guarantee they'll agree with us.

Sometimes the outcome brings us closer together. Sometimes we discover a difference we cannot resolve, or receive an answer we hoped we wouldn't hear. We may feel disappointed, frustrated, or uncertain about what comes next. But even when the outcome isn't what we wanted, we still have a choice in how we respond. We can accept what happened, respect what belongs to another person, and decide how to move forward without abandoning ourselves in the process.

Self-Honor is recognizing what happens within us, choosing how we respond, and continuing to live forward in a way we can respect.