

A small spread. A clearer next step.

A relationship-reflection starter pack, adapted from Tarot for Love Clarity: The Honest Spread Workbook. Bring a tarot deck and a pen. Allow about 20 minutes; take longer if you need it.

The four suits at a glance

Cups — Feelings & connection

Swords — Thoughts & choices

Wands — Drive & action

Pentacles — Resources & daily life

These are starting prompts, not a complete guide to individual cards. For this exercise, you can read all cards upright.

The method

Read for what you know, feel, avoid and can decide. Cards offer prompts for reflection; they do not establish what another person thinks or what will happen.

For each card, write your first interpretation. Then ask: **Am I observing this, or projecting it?** Name a specific event or action, with a date if possible. If you have no supporting example, write that down.

Use one spread per question per day. Keep the cards you draw, and finish with one small action or an honest question rather than a verdict about somebody else.

For a group

Invite adults to write privately. Sharing is optional: participants can discuss how the method worked without sharing relationship details. Suggested timing: 3 minutes on the suits and method, 5 on the example, 10 to read and write, and 2 to choose a next step.

Printing and sharing

You may print this pack for personal use and adult classes, including paid workshops. Credit is appreciated and links are optional. Please share the resource page rather than reselling or rehosting the files. This permission applies only to this pack, not the full workbook.

How I Show Up

Use this when a quiet reply or an awkward date has turned into “What did I do?” Turn the question towards your own patterns: **How do I show up when I want a connection?**

Lay three cards from left to right. Each position gives the card a question to explore.



1 · The face I bring

The version of me I lead with when I want someone.

2 · What I hide

What I keep off the table to protect it.

3 · What it costs

What the hiding takes from the connection, and from me.

Read, check, decide

Look at the card and its position together. What is your first reading? Check that reading against an event or action you can actually describe. A compelling story is a starting point; the evidence check may change it.

Read the example on the next page, then use the worksheet. If a card is unfamiliar, look up its meaning and return to the question in its position. You do not need to draw extra cards to complete the exercise.

From a story to an observation

Illustrative first-person example from the workbook. The cards shown here are the example draw, not a prediction for the reader.

Three weeks in with someone I actually like, and he took a day and a half to answer my last text. Before I could spiral about him, I ran How I Show Up on me.

The face I bring: Queen of Wands. The warm one, the low-maintenance one. Funny over dinner, texts back breezy, never needy. That's the version he's met.

What I hide: Nine of Swords. The 2am, sitting-up-in-bed card. Behind the breezy texts I've reread his last three messages for tone and lost sleep over a reply that was only late.

What it costs: Eight of Cups. Walking away from something before it's finished.

First pass, I liked the story: I'm easy-going, I keep my worries to myself so I don't scare him off, and if it doesn't work I'll move on cleanly. Flattering. Then the double-prompt.

Queen of Wands — observed or projected? What have I actually done? Picked the restaurant on the 6th, kept it light when he was stressed, made him laugh. Observed. That one's real. I do bring her.

Eight of Cups — observed or projected? The story says clean exit. The evidence says something colder. Last spring I went silent on someone kind after exactly this much of a gap, on the 19th, rather than ask him where we stood. Eight of Cups isn't my dignity walking away. It's me leaving before I can be left. That's the cost the Nine of Swords is paying for: I hide the worry so well that when it finally gets loud, the only move I've left myself is the door.

What I already knew: the breezy face isn't a lie, but it isn't the whole of me, and I've been treating "don't seem anxious" as the same thing as "be okay." They aren't.

Next small thing, not a big confession: one true sentence the next time the worry spikes. "I go quiet in my head when I don't hear back, tell me if I'm reading it wrong." Said once. Then let him answer.

Your reading

Date: _____ My question: _____

1 · The face I bring

Card drawn:

First interpretation:

Observed or projected? Specific event / date:

2 · What I hide

Card drawn:

First interpretation:

Observed or projected? Specific event / date:

3 · What it costs

Card drawn:

First interpretation:

Observed or projected? Specific event / date:

What did I already know?

My next small action or question:

More practice: tarostarot.com/learn

Source workbook: Tarot for Love Clarity (paid; optional)