

FULL MOON FOUNDATION

Spot It / Disengage Guide Navigating Lower Leo & Capricorn Energy 2026

STEP 1: SPOT IT — Know What You're Dealing With

Lower Capricorn Energy Shows Up As:

- Cold control, rigidity, or pressure
- Authority without empathy ("because I said so" energy)
- Passive aggression, dismissal, or stonewalling
- Urgency mixed with fear or scarcity
- Heavy, draining conversations that feel transactional

Lower Leo Energy Shows Up As:

- Loud emotions, dramatics, or attention-seeking
- Ego wounds, pride reactions, or over-personalization
- Sudden anger when not validated
- Performative conflict or exaggerated stories
- Energy that pulls focus and destabilizes the room

Red Flag: You feel tense, defensive, drained, or emotionally hooked after interaction.

STEP 2: PAUSE — Don't Feed the Energy

- Do not explain yourself repeatedly
- Do not match volume, emotion, or urgency
- Do not try to win, convince, or fix them
- Do not take the bait personally

STEP 3: DISENGAGE — Clean and Clear

Verbal Disengage Scripts:

- "I'm not available for this conversation right now."
- "Let's revisit this when it's calmer."

A Foundation for Elder Care - Capricorn/Leo Disengage Guide 2026
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- “I’m going to step away from this.”
- “That doesn’t work for me.”

Say it once. No justification.

Physical / Energetic Disengage:

- Change location or end the interaction
- Lower your voice and slow your breath
- Ground your feet, relax your jaw, drop your shoulders
- Visualize your energy pulling back into your body

STEP 4: CLEAR — Don’t Carry It With You

- Shake out the body or walk
- Wash hands or face with intention
- Cut cords mentally or energetically
- Journal one sentence: “What wasn’t mine?” then release it

STEP 5: STRENGTHEN — Prevent Repeat Hooks

- Keep routines simple and consistent
- Prioritize sleep, hydration, and movement
- Limit exposure to chaotic people or media
- Protect your time, attention, and nervous system

KEY REMINDER FOR FULL MOONERS

Not every confrontation is yours to face.

Not every emotion deserves your energy.

Disengagement is not avoidance — it’s mastery.

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