

How to Read Tarot Cards During Stressful Times

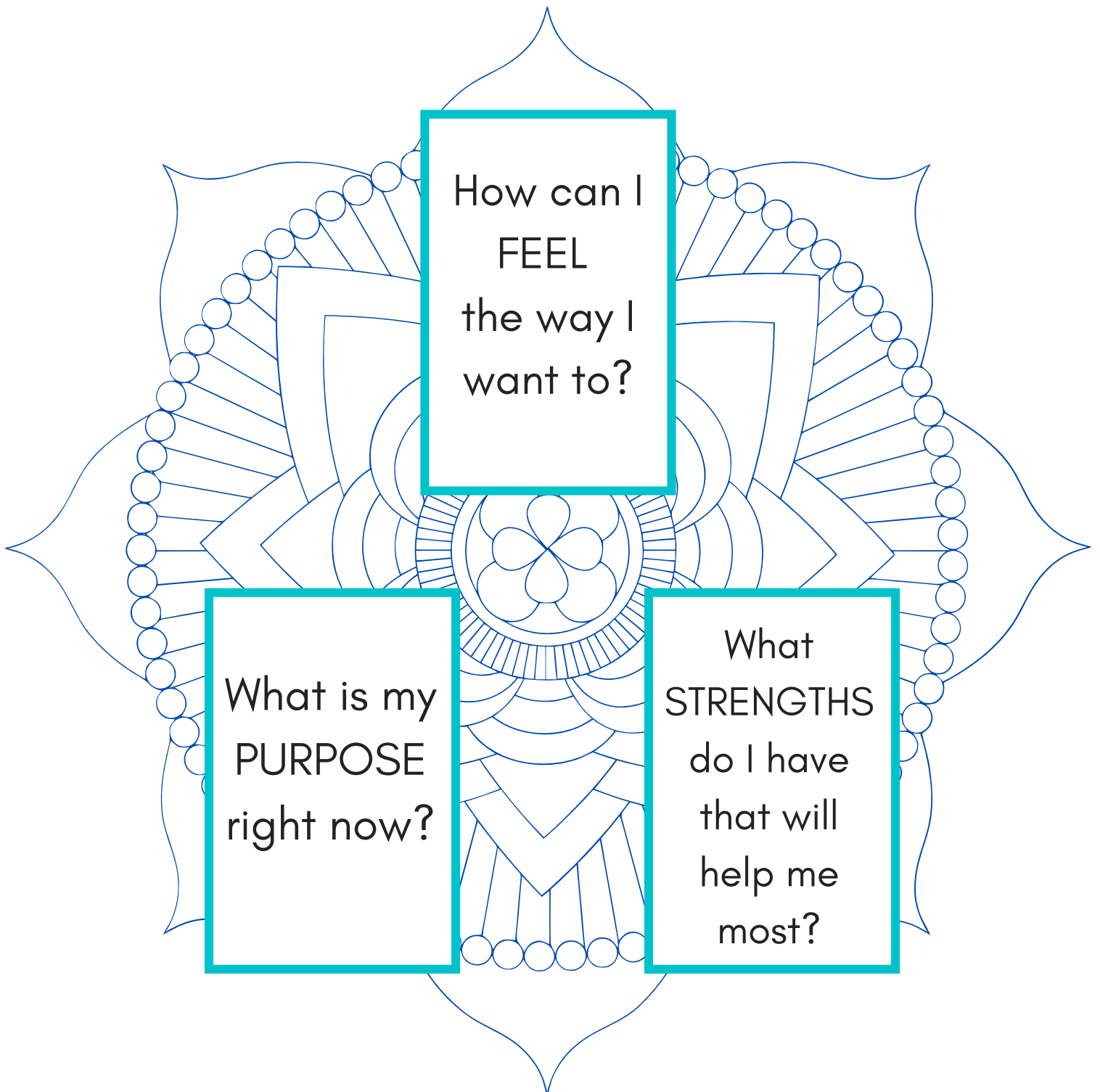


Daily Tarot
Girl



Tarot Spread for Peace & Calm

*If you're feeling overwhelmed, stressed or unfocused – this is the
Tarot spread to reach for!*



How to Read Tarot During Stressful Times

Step 1: Calm your energy

Accept how you feel
Take deep belly breaths
Lengthen your exhales

Step 2: How do you want to feel? Now ask your Tarot cards how you can get closer to that feeling.

Step 3: Ask Empowering Questions

- how can I make the most out of this?
- what is my PURPOSE right now?
- what should I focus on?
- what strengths do I have that will help me now?

Step 4: Focus the reading on **what you can DO** (not on what will happen)

Questions to Avoid

Questions to Ask



*Avoid asking directly about the issue (ex: *what should I do about my health issue?*), instead focus on what you are wanting and how you might get there.

The questions below will only add to your stress...

What should I do?

What do I need to know?

Why is this happening?

What will happen?

How can I feel the way I want to feel?

How can I improve my situation?

How can I make the most out of this?

What is my PURPOSE right now?

What should I focus on?

What strengths do I have that will help me now?

Worksheet: How do you want to feel?

If you want to do a Tarot reading on a topic you feel very charged up about, start here!



How do you want to feel? (in relation to the topic/issue you want to do a reading on)

Now hold your Tarot deck in your hands and ask....

How can I get closer to feeling this way? Draw a card.

Card: _____

Your interpretation:

Some other questions you might ask:

- What is stopping me from feeling this way?
- What strengths & abilities should I be tapping into right now?
- What action can I take RIGHT NOW that will help me feel the way I want to feel?



About Daily Tarot Girl

Hello! I'm Kate and I warmly welcome you to my world of Tarot! I'm an Intuitive Tarot Card Reader and Tarot Teacher who loves cats, books, Tarot and tea. You can find me over at daily-tarot-girl.com, on [YouTube](#) and [Facebook](#).

Want more?

Visit my **Tarot Shop** for fun Tarot e-books and online Tarot courses, designed to inspire your Tarot journey!

