

Venus Retrograde in Scorpio & Libra

3 October – 14 November 2026

A Time to Reassess Love, Relationships and Personal Values

When Venus turns retrograde, our attention often turns towards relationships, emotional needs, self-worth, finances and what we truly value. Astrologically, this is considered a period for reflection and reassessment rather than rushing into new commitments or making impulsive decisions.

As Venus moves retrograde through Scorpio and Libra, the focus shifts from exploring emotional depth and intimacy to reconsidering balance, harmony and fairness in our relationships.

Venus Retrograde in Scorpio

Emotional Depth, Trust and Transformation

Scorpio encourages us to look beneath the surface of our relationships and examine the emotional attachments, insecurities and expectations that influence our connections with others.

How to use this time to your benefit:

- **Examine emotional attachments:** Reflect on whether your relationships are based on mutual trust, respect and genuine emotional connection.
- **Address unresolved feelings:** Revisit past hurts, jealousy or issues of control that may still be affecting your emotional wellbeing.
- **Reassess intimacy and trust:** Consider whether you feel emotionally secure and whether your relationships allow for openness and vulnerability.
- **Review financial entanglements:** Reconsider shared finances, debts and financial arrangements, ensuring that they reflect fairness and transparency.
- **Embrace emotional transformation:** Recognise patterns that may be preventing you from developing healthier, more fulfilling relationships.

Key message: Use this period to deepen self-awareness, confront unresolved emotions and understand what you truly need from your closest relationships.

Venus Retrograde in Libra

Relationships, Balance and Self-Worth

Libra, the sign ruled by Venus, highlights partnerships, harmony, cooperation and the importance of equality. This phase invites us to reconsider how we relate to others and whether we are maintaining a healthy balance between our own needs and those of the people around us.

How to use this time to your benefit:

- Re-evaluate relationships: Reflect on whether your partnerships are mutually supportive, respectful and fulfilling.
- Restore balance: Consider whether you are giving too much of yourself to maintain peace or avoid conflict.
- Review personal values: Reassess what you value in love, friendship and companionship, and whether your relationships reflect those values.
- Improve communication: Revisit misunderstandings and explore ways to resolve differences through greater openness and cooperation.
- Strengthen self-worth: Recognise that maintaining harmony does not mean compromising your identity, needs or personal boundaries.

Key message: Use this period to restore balance, establish healthier boundaries and develop relationships that reflect mutual respect and genuine equality.

The overall message

Venus retrograde offers an opportunity to reconsider what we value, both in ourselves and in our relationships. Scorpio encourages emotional honesty, deeper intimacy and the release of unhealthy attachments, while Libra brings attention to fairness, cooperation and mutual respect.

Rather than seeking immediate answers or making impulsive changes, use this time to reflect on what is working, what needs attention and what you would like to change.

Sometimes, understanding what we truly value is the first step towards creating more meaningful relationships.