

Questions - Stressful emotions around money, finances and abundance.

As you read the questions, feel into your body and ask yourself “Do I feel at peace?”

If you answer YES then move onto the next question

If you answer NO and you feel any discomfort, then do self EmRes – Close your eyes

Fear/Avoidance/Anxiety/Worry

What fears, worries, or concerns do you experience with your finances, money, investments?

Do I feel shame around my any current life dynamic? How might this relate to resources?

Do you avoid financial decisions, responsibilities, conversations?

Do you fear having too much to manage or be responsible for managing?

Do you have fears or concerns about losing your money or it being taken away?

Do you make purchases or invest from a fear of missing out (FOMO)?

If your financial situation never changed, how would you feel?

Anger/Frustration

What makes you angry/frustrated regarding your financial situation?

Do you direct your anger towards another family member, group, political organization?

Do you experience frustration with yourself regarding finances.

How do you feel towards family members, friends, others who mismanage money?

Limitation

Is there a person, situation, circumstance, or something else that you feel is holding you back from creativity, abundance, financial security, inner peace?

Do I feel limited, stifled, bored or creatively stuck?

Do you feel limited in your ability to earn, provide, or save money.

Do you feel held back, limited, or restricted by past financial decisions or decisions of others?

Control (Attempting to control yours or another's emotions)

Do you have a strict budget, spending routine, regimen, or self-imposed restrictions related to money? How do you feel when you or others do not follow the plan.

Do you feel shame or guilt about rewarding self or purchasing something that brings you joy?

Do you make purchases to soothe your emotions?