

Cure for the Money Blues



**By Financial Bliss Mentor
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So you're worrying about money, huh? It's ok we all do at some point. Some of us more than others, but everyone does at some point.

You're feeling stuck, trapped, down and out.

Likely this is because your brain has associated money with something that has happened in the past. Like a need for freedom, security, happiness, or enough.

So the first step is to write a bit and see if you know what your need is. You can also talk this through or draw or dance. Just get the energy moving a bit so that you can understand what's happening.

Journal: What is it you're telling yourself right now that is causing you to feel bad?

If that doesn't find the need or belief, here are some potential needs (Borrowed from CNVC Needs inventory: <http://www.cnvc.org/Training/needs-inventory>)

CONNECTION

acceptance
affection
appreciation
belonging
communication
closeness
community
companionship
compassion
consideration
consistency
inclusion
intimacy
love
mutuality
nurturing
respect/self-respect

CONNECTION

continued

safety
security
stability
support
to know and be
known
to see and be seen
to understand and
be understood
trust
warmth

**PHYSICAL WELL-
BEING**

food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch

HONESTY

authenticity
integrity
presence

PLAY

joy

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY

choice
freedom
independence
space
spontaneity

MEANING

celebration of life
challenge
clarity
competence
consciousness
contribution

creativity
discovery
efficacy
effectiveness
growth
hope
learning

mourning
participation
purpose
self-expression
stimulation
to matter

Once you identify what's happening and connect that you're putting your upset on money. Money is not inherently anything. It is not freedom or security. Money is just a tool for you to use.

But we put a lot of things on it – ideas, fears, hopes, excitement.

Step Two

To transform this, your next step is to list at least 5 ways that you can have that need met no matter how your money situation is. (And 10 is better.)

- 1.
- 2.
- 3.
- 4.
- 5.

Bonus Round

- 6.
- 7.
- 8.
- 9.
- 10.

Step Three

Then go out and do at least one of them today or tomorrow. Put it on your calendar right now. Go, I'll wait.

And plan one every couple of days to remind and reinforce that you can have what you want even if you don't have money.

Great Job!
Thank You for Taking Great Care of Yourself!