

## My Personal Relationship With Money

*We all bring our values and feelings that we experienced in our family of origin into our adult lives. Often these are unexplored and thus, unexplainable to ourselves and others. Feel free to add additional beliefs that describe your own relationship with money. Expect that these factors are likely to impact your current approach to financial matters.*

		Often	Sometimes	Never
1.	I can easily feel guilty when I spend money on myself.			
2.	Money and finances in general seem too complicated to spend a lot of my personal time on.			
3.	Life is too short to focus on money. There are more important things to do.			
4.	It's important to take care of the pennies. The dollars will take care of themselves.			
5.	I owe it to my family to be the responsible one when it comes to managing money.			
6.	I've always worried about having enough money.			
7.	I believe you can never have enough money.			
8.	I resent it when others try and control what I spend or question my judgment.			
9.	I resent it when I think others are taking advantage of me or "using me" when it comes to money.			

10.	<p>Whenever possible, it's more important to save money than to spend it.</p> <hr/> <p>© Nancy Ross, LCSW - For The Love of Money, Milan Italy 2014</p>			
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		<u>Often</u>	<u>Sometimes</u>	<u>Never</u>
11.	I'm confident that I will always have enough money to take care of myself.			
12.	Having enough money indicates my worth as a successful person.			
13.	If I have extra money, I enjoy spending it on myself.			
14.	I feel comfortable in letting significant other know how I spend my money.			
15.	Spending money on frivolous things like home decorating or clothes isn't a smart approach.			
16.	If I make the money, I get to make the decisions about how it's spent.			
17.	Money burns a hole in my pocket; I have a hard time saving.			

18.	As long as I feel secure, it's easier to trust others to take care of my finances.			
19.	Money represents independence and influence to me.			
20.	I believe that I should give money to others who need it more than I do.			
21.	I don't mind having a significant amount of debt if I know I can eventually pay it off.			
22.	To me, money means being taken care of; being financially supported.			

# My Money Beliefs

**I believe money is**

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**If I had a lot of money I would**

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**When it comes to money, what I need most is**

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**What I expect most from my partner regarding money is**

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**I think couples should**

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**... when it comes to money.**

**What most bothers me about my partner and money is**

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