

# 16 Money Traumas

## #1) Emotionally Painful Experience with Money Involved

Fighting over money during a divorce or as children watching your parents fight over money.

## #2) Controlled and Manipulated with Money.....

An experience in your life where you knew "I am being manipulated," with money is involved.

## #3) Family Approval or Love & Acceptance Withheld Linked to Money.....

Not meeting parents expectations financially, compared to siblings financial success and deemed a failure.

## #4) Comparing Yourself to Others Financial Success.....

Feeling inadequate as others showcase the lifestyle and business success. You're feeling "what's wrong with me?"

## #5) Self Entrapment Because of Money.....

You feel like you're a prisoner yet choosing to stay in the situation that is not good for you because of Money.

## #6) Socially Excluded Due to Money.....

It seems like you're not getting invites because others are concluding you can't afford it.

## #7) Financial Regrets of the Past.....

You have past money choices that you deeply regret. You are plagued by woulda, shoulda, coulda around money.

## #8) Love and Harmony Lost Due to Money.....

For example with the loss of a loved one. Suddenly all your family members are fighting, being angry, acting hurtful, because of money.

## #9) Guilt & Shame from Choices Related to Money.....

You made a life choice because of money and you now feel guilty or ashamed of it.

## #10) Lost a Substantial Amount of Money.....

You had lots of money at some point and you lost it.

## #11) Shamed for Your Desire for Financial Success.....

You shared your financial dreams and the response was "What's wrong with you? Why do you want more money? Are you crazy?"

## #12) Endured Life Hardships.....

You've had a hard life experience, and you've had to suffer and struggle because of money - it has left you feeling angry and resentful.

## #13) Lack of Achieving Personal Financial Goals.....

At a certain age you start feeling like "I've failed financially, there is no hope for me, I'm not where I should be financially."

## #14) Religious Guilt.....

Guilt instilled around the desire for money being bad and evil - statements like "For the love of money is the root of all evil." - Timothy 6 v10

## #15) Generational Money Traumas.....

You feel stuck in the money Trauma of other's generational money limits and generational curses.

## #16) Lived Through a Challenging Economic Time.....

You experienced extreme poverty conditions as your family lived through due to economic downturns, wars, or communism.

## BEGIN YOUR HEALING PROCESS

### Step 1

**Acceptance** - what you resist persists so acknowledge that you have money traumas. Acceptance begins the healing.

### Step 2

**Release** - Identify all of the traumas that you may have and choose to release them. You can do this by writing them all out and burning the list.

### Step 3

**Affirmation** - Declare in writing or speaking it out loud "I am committed to having an amazing relationship with money!"

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[www.MoneyTraumaHealing.com](http://www.MoneyTraumaHealing.com)  
to begin healing your money trauma  
**TODAY!**