



## Creating a New, Positive Relationship with Money

Think of a positive, healthy relationship you have with somebody in your life. Write that person's name below. Be sure to choose someone you've known, whether they are still alive or not.

Name: \_\_\_\_\_

Now, answer the questions below as quickly as possible. Answer them from your heart, not your head, without judging your responses.

What are the qualities that describe your relationship?

\_\_\_\_\_

How do you feel about yourself when you think about this relationship?

\_\_\_\_\_

How do you feel about the other person?

\_\_\_\_\_

What do they give you?

\_\_\_\_\_

What do you receive?

\_\_\_\_\_

What do you do in this relationship? In other words, what is your role?

\_\_\_\_\_

What do you ask for?

\_\_\_\_\_



What is it that you know about this other person?

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What is a metaphor that symbolizes this relationship?

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What can you count on?

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Who are you in this relationship?

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### **Finally...**

Go back to the top of this exercise and change the name of the person you wrote. Instead, write in the word, money.

After you change the name to the word “money,” go through and read your answers. Substitute the word “money” for each answer. Instead of it being about the person, it’s about the word “money.” Notice how this shifts your feelings toward money, and how much more connected you feel.

### **Write your thoughts here:**

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