

**Discovering Some of Your Money Scripts:
Understanding Your Relationship With Money**

This exercise was adapted from
www.mymoneyscripts.com.

Please take a few moments to write down your responses to the following requests.

1. Write down the first 8 to 10 words that come to mind when you think of the word "money."
2. Underline all of the words you have identified which you think have a negative connotation regarding money.
3. Write down 3 things that you are proud of in terms of your relationship to money.
4. Write down 3 things that you feel badly about in terms of your relationship to money.
5. Identify which list was easiest for you to complete.
6. Write down your most joyful experience with money.
7. Write down your most painful experience with money.
8. Identify which memory was easiest for you to recall.
9. Now take out a ten or twenty dollar bill and look at it. Write down the answer to the following question: What has this ever done to hurt you?