



## Digging Down to the Roots

*From Overcoming Underearning by Barbara Stanny*

Complete the following sentences with the first words that come to mind. Don't censor what you get or look for the "Right" answer. Let yourself go with your very first reaction. And do it quickly. You can always change your responses later.

1. My biggest fear about money is
2. My father felt money was
3. My mother felt money was
4. In my family, money caused
5. My early experience with money was
6. Money equals
7. I'm afraid if I had more money, I would
8. In order to have more money, I'd need to
9. When I have money, I usually
10. If I could afford it, I would
11. People with money are
12. I'd have more money if



What did you learn?

How did your early experiences with parental messages affect you?

What would you like to change?