



## Financial Triggers

1. Take some time to notice any emotional triggers related to money by answering the following questions. Please rate the following by listing the first emotion that comes to mind for each. Also please read each item aloud. Did you notice changes in posture, muscle tightness, tone, or inflection? Note this for each item.
  - a. Paying a bill.
  - b. Overdue bill.
  - c. Friends talking about making a large purchase (home, car).
  - d. Conversation about salary with friends.
  - e. Overhearing a conversation about salary that others are having.
  - f. Noticing that someone makes significantly more money than you.
  - g. Noticing someone makes significantly less money than you.
  - h. Seeing a friend or family member with an item that you want but cannot currently afford.
  - i. Finding something on sale.
  - j. Paying full price for an item.
  - k. Having an unexpected repair to a large item arise such as car or house.
  - l. Looking at your credit card balance.
  - m. Receiving a credit card offer.
  - n. Receive mail/ email that may be a bill.
  - o. Seeing a marketing ad on social media for something that you want.
  - p. Sign up for numerous emails related to the purchasing of any item (furniture, clothes, etc.).