Exploring Intergenerational Trauma Around Money: Exercise Sheet

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Introduction

This exercise sheet is designed to help you uncover and understand how intergenerational trauma influences your relationship with money.

How did your parents or caregivers talk about money? • Did they seem stressed, fearful, secretive, or open about it? What financial struggles or significant money-related events do you know about in your family history (e.g., poverty, sudden wealth, migration, war, loss of property)
Were there unspoken family rules about money (e.g., "Don't talk about finances," "Always save for a rainy day")?

Write down 1-2 recurring money-related patterns you notice in your family history.
Do you notice any parallels between your behavior with money and that of your parents or grandparents? • Example: Avoiding money conversations, overspending, hoarding savings, or underpricing your services.

Identify one limiting belief you hold about money that feels tied to
your family history.
Defugues this holist into a positive one
Reframe this belief into a positive one.
Example: "I can create a healthy and peaceful relationship with
money."