

Reframe Questions.

Below is a list of questions you can ask yourself depending on which is relevant to you.

Money is love.

1. What other ways can you show you love and appreciation for people besides giving them money?
2. Is it possible that people can genuinely care about you without [spending](#) a lot of money on me?
3. Is only giving money to others because you feel obligated or pressured to do so, rather than truly wanting to express love?
4. Can putting less emphasis on material things like money and more focus on building healthy relationships actually improve your quality of life?
5. Can you find more meaningful and fulfilling ways of expressing love for others that don't involve [spending](#) lots of money?

Money Avoidance.

1. What are some positive ways that money can impact your life and the lives of others?
2. How can you change your mindset to see money as a tool for achieving my goals rather than something negative?
3. What strategies can you use to feel more comfortable talking about money you're your loved ones or seeking financial advice?
4. How can you [identify](#) and challenge any negative beliefs or thought patterns that are contributing to your money avoidance?
5. What are some concrete steps you can take (e.g., [creating a budget](#), tracking expenses, investing) to become more financially stable and confident?

Money Vigilance

1. Can you think of a time when spending money on yourself or someone else brought happiness or joy into your life?
2. Is it possible that you have enough money to cover your needs and some of your wants without worrying excessively?
3. Instead of hoarding money, what are some practical ways you could use it to improve your quality of life?
4. How can investing in important things like education or health care benefit you both now and in the long term?
5. Can you shift your focus from [scarcity](#) to abundance by recognizing the resources and opportunities available to you instead of just focusing on what's lacking?

Money Status.

1. What values can you prioritize in my life beyond just having money and wealth?
2. How can you find meaning and fulfillment in your life without relying on my financial status?
3. What non-monetary goals can you set for yourself to feel successful and accomplished?

4. How can you cultivate meaningful relationships and connections with others regardless of their financial status?
5. How can you practice gratitude for the things you do have and recognize that your worth goes beyond just your financial status?

Money Worship.

1. What can you do to redefine your definition of success beyond just financial achievements?
2. What can you do to balance my focus on finances with enjoying the present moment and experiencing life to the fullest?
3. What steps can you take to become more mindful of my spending habits and ensure my finances are aligned with your values?
4. What kind of non-monetary activities can you engage in that bring me happiness and fulfillment?
5. In what ways can you remind myself of the abundance in my life, even if my financial situation isn't perfect?