

Money, Food and Emotions

Instructions: on this worksheet check off all the painful emotional states **you** feel about money and/or food.

Next, check off all the emotional states you want to feel about money and/or food?

Painful Emotional States Which May Accompany Thinking about Money / Food

- | | | |
|-------------------------------------|---|--|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Anger | <input type="checkbox"/> Desperation |
| <input type="checkbox"/> Fear | <input type="checkbox"/> Stress | <input type="checkbox"/> Helplessness |
| <input type="checkbox"/> Worry | <input type="checkbox"/> Obsession | <input type="checkbox"/> Victimization |
| <input type="checkbox"/> Greed | <input type="checkbox"/> Tension | <input type="checkbox"/> Guilt |
| <input type="checkbox"/> Impatience | <input type="checkbox"/> Insignificance | <input type="checkbox"/> Overburdened |
| <input type="checkbox"/> Weariness | <input type="checkbox"/> Worthlessness | <input type="checkbox"/> Driven |
| <input type="checkbox"/> Shame | <input type="checkbox"/> Isolation | <input type="checkbox"/> Insecure |
| <input type="checkbox"/> Skepticism | <input type="checkbox"/> Frustration | <input type="checkbox"/> Envy |
| <input type="checkbox"/> Mistrust | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Entitlement |
| <input type="checkbox"/> Dread | <input type="checkbox"/> Hopeless | <input type="checkbox"/> Loneliness |

Emotions I Would Like to Feel about Money

- | | | |
|---------------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Pride | <input type="checkbox"/> Generosity |
| <input type="checkbox"/> Pleasure | <input type="checkbox"/> Prudence | <input type="checkbox"/> Self-sufficiency |
| <input type="checkbox"/> Innovation | <input type="checkbox"/> Abundance | <input type="checkbox"/> Ease |
| <input type="checkbox"/> Decisiveness | <input type="checkbox"/> Hope | <input type="checkbox"/> Competence |
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Compassion | <input type="checkbox"/> Satisfaction |
| <input type="checkbox"/> Empowered | <input type="checkbox"/> Safe | <input type="checkbox"/> Capable |