

4. Who controls the purse strings in your life?

This step is about identifying who might be in control of your financial world. Ask yourself the following questions to begin to discover if someone has a hold on your purse strings. Make a note of any feelings, beliefs, or insights that pop up as you answer the questions.

Do you need to consult someone else for approval or permission before making a big purchase? If so, who?

Does that same person consult you if he or she is making a big purchase?

Who controls your bank account?

Who pays the household bills?

Does anyone other than you have a direct stake in your finances?

Does anyone try to control or manipulate you with money? If so, how do they do that?

How does it feel to have someone else control your finances? Does it help you feel safe? Or do you feel controlled and out of control?

How would it feel to have 100 percent control over your money? Would you feel elated? Lost? Scared? All of the above?