

5. What controls your purse strings?

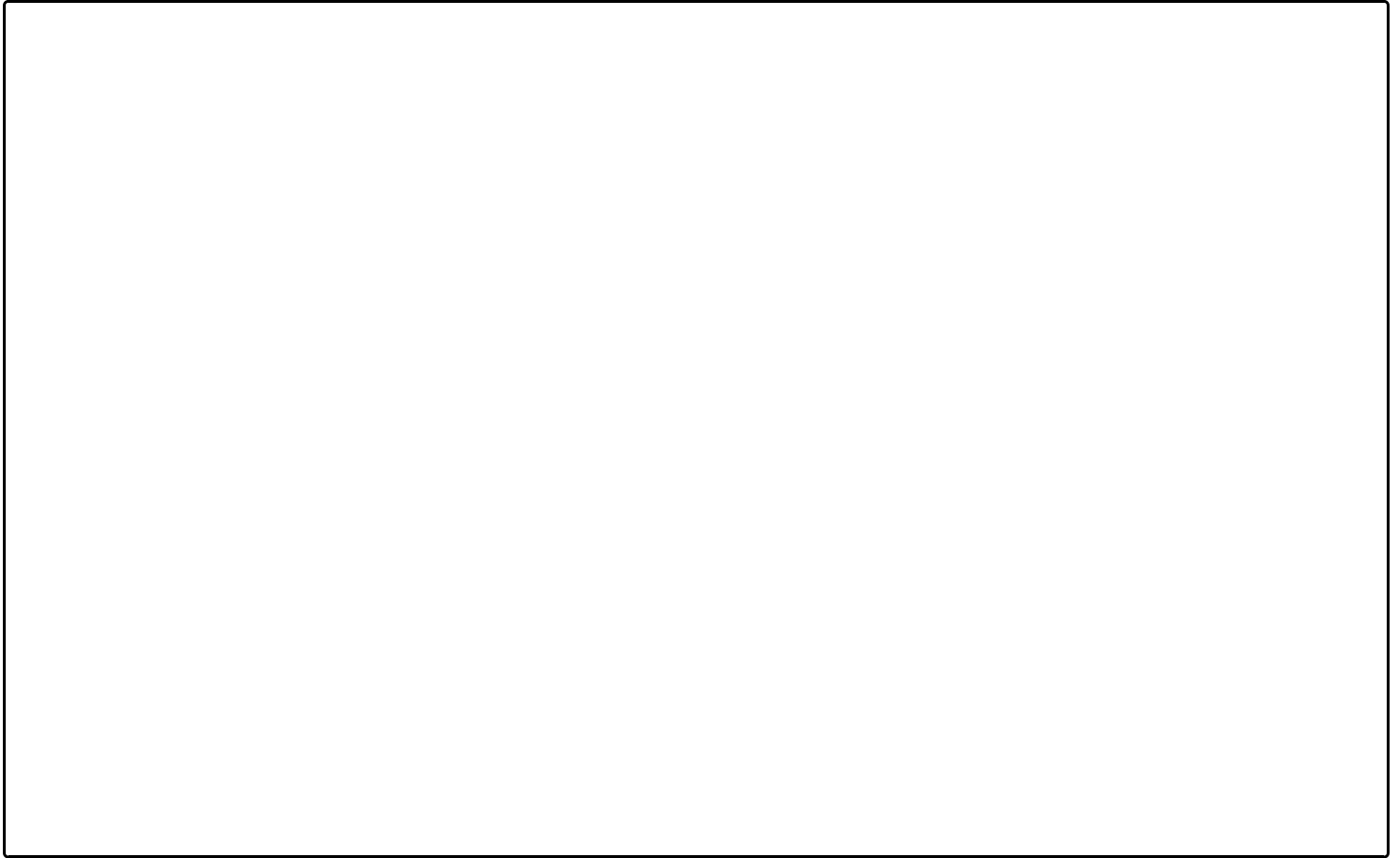
Whether you're single or married, whether or not there's anyone else in your life who controls your purse strings, answer the questions in this exercise. They'll help you see where you've let your emotions and fears pull the strings.

Do you feel guilty if you spend money on yourself? If so, why?

Do you spend money on others as a way of earning their love?

Do you try to control or manipulate anyone with money? If so, how do you do it?

Does the voice of a parent or other authority figure rise up when you're making a purchase, paying bills, or looking at your finances? Whose voice do you hear, and what does he or she say?

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Do you think something from your past is controlling your purse strings in some way? If so, how?

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If you're in control of the money, do you feel a lot of anxiety about your finances?

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