

8. Secrets, lies, and judgements

These questions are about the secrets, lies, and judgements you may have experienced in or inherited from your family. After answering them you'll then try to excavate the beliefs that you developed as a result. Record your answers to each question.

1. To your knowledge, did your parents keep secrets or tell lies about money? If so, did they keep the secrets from or lie to (1) you, (2) each other, (3) other family members, or (4) their friends? If so, why did they lie or keep secrets?

2. Have you ever kept a secret or lied about money? If so, who did you keep the secret from or lie to? Why did you feel the need to keep the secret or lie? What would have happened if the other person or people had learned the truth? If you did tell the truth, or they found out, what was the consequence? What did you learn from the situation?

A large, empty rectangular box with a thin black border, intended for the student to write their response to the question above. The box occupies most of the lower half of the page.

3. To your knowledge, were your parents ever judged by family members or friends for their income, spending habits, or saving habits? If so, who judged them? What were the judgements about? Do you think the judgements were justified? How did your parents feel about the judgements?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies most of the lower half of the page.

4. Did your parents ever express judgements of others about money issues? If so, who did they judge? What was the nature of their judgements? Do you think the judgements were justified?

5. Have you ever been judged by a family member for your income, spending habits, or saving habits? If so, who judged you? What were the judgements about? Do you think the judgements were justified? How have you felt about these judgements?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies most of the lower half of the page.

6. Have you ever judged a family member for their income, spending habits, or saving habits? What were the judgements about? Do you think the judgements were justified? In retrospect, how could you have handled the situation better?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies most of the lower half of the page.

7. Review your answers to the previous questions. What beliefs do you think you developed as a result of those experiences? For example, when she was a kid, Anne's father used to slip \$20 to her and tell her not to say anything to her mother. She always felt loved when he did this. As a result, she developed a belief that money equals love.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies the majority of the page below the text.