

Befriending
the
Elephant
in the
room
named
Money

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there's an elephant in the room
called money
it scares me to look at it
because i know there won't be enough
and it feels overwhelming
it's presence alone makes me gasp
it is taking up more and more of my
brain space
robbing me of fun and creativity
my heart beats faster
i feel tightness in my throat
sick to my stomach
heaviness in my heart
this thing called money
brings up shame, blame and guilt
i want to avoid it
but it keeps growing bigger
the pressure, the presence
money
the elephant in the room



be·friend

(from the American Heritage dictionary)

VERB

To behave as a friend to.

the elephant in the room

(from the OXFORD dictionary)

PHRASE

“A major problem or controversial issue that is obviously present but avoided as a subject for discussion because it is more comfortable to do so.”

Truths

“ Our relationship with MONEY is LIFELONG. We are in relationship with money most days of our lives...in the way of earning it, saving it, spending it, growing it, and giving it away.”

“ Our relationship with money depends ON US. The attitude and behaviors we bring to this relationship influences the quality of this relationship in our lives.”

“ MANY OF US, especially women, bring a lot of fear, shame and judgement to this relationship. So, of course it makes us want to avoid looking at our money at all costs...and believe me it does cost us to not look. We often believe if we look, then there won't be enough and then we can't get what we want.

“ HEALTHY relationships (and yes even with money) are built with the qualities of honesty, respect, fun, forgiveness, love, acceptance, communication, trust, shared joyful moments, and compassion (and other positive qualities).”

“ IF WE SHOW UP FOR OUR MONEY, our money will show up for us!”



Awareness Exercises Through Inquiry on How to Be a Better Friend With Money

Money Dialogue Journal Exercise

Imagine...you and money sitting in comfy chairs...in a relaxing setting of your choice, sipping on your favorite drinks and money begins the conversation...telling you what it has been like to be in a relationship with you. How would “Money” begin the conversation? Then what is your response to Money and then Money’s response to you? Keep this dialogue going for about three conversation exchanges.

Money:

You:

Money:

You:

Money:

You:

What would your mom or female caretaker when you were little, have to say about the above conversation? What is her commentary?

What would your dad or male caretaker, when you were little, have to say about the above conversation? What is his commentary?

What does your highest self, the Universe, God have to say about the above conversation?

PLEASE JOURNAL ON THE INSIGHTS...AH-HAHS...AWARENESSES YOU GLEANED FROM THIS CONVERSATION WITH MONEY?

Thinking Out Loud Thoughts With You

MONEY...enjoys the following when it comes to being in relationship with you:

Respect:

Here are some ideas I have on how I bring respect to money. What ideas do you have?

- I spend what is necessary and on what brings value to my life. I've stopped leaking money in low value areas.
- I have created a space in my home for money. It is my office desk, with my computer, calculator, pen, paper, and file cabinet to keep all financial papers at my finger tips. I also have a candle, some good chocolate and flowers in this space, as I like to give nervous system sensory pleasure when I work on my money life.
- I create a space in my wallet for money, dollars in one area, coins in another. I don't crumple up my money or throw it in a car or other area of my home, where it doesn't belong.

Quality Time:

Here are some ways I find spending quality time with money. What ways might you spend quality time with your money?

- Looking at my checking account daily. Making sure I have enough money available for the spending required for the day, so I can breathe easy.
- Looking at my investment accounts monthly and monitoring the rate of return, helping me to see how much my money is growing.
- Looking at my other money accounts at least monthly and know what is happening in each account. Setting goals for each account. An example of setting a goal for each account is coming up with a target number of how much of a cushion I want to have in my checking account at all times and what my emergency savings target is.
- Analyze the inflow and outflow of my money, making sure my outflow is going where I desire and that more is coming in than is going out!

Meaning and Purpose:

Here are some ways I bring meaning and purpose to my money. What are your thoughts on this?

I plan my spending and direct my dollars where to go each month, prior to spending them. Then compare my monthly plan to what I actually spent and refine my plan for the following month.

- I prioritize expenses so that each month, my earnings > expenses. I try to live below my means.
- I remember that while money can help me in funding survival expenses (food, clothing, shelter, healthcare, transportation), plus expenses beyond survival, along with short and longer term savings / investment accounts...it is not money's job to fund my self esteem needs of 1) love + belonging 2) fun, 3) personal power or 4) freedom. These are self esteem needs, which need to be met internally, not financially funded.

Quality of Connection:

I think any relationship benefits more from love, understanding, compassion and curiosity. How might you bring less judgement to your money life and more compassion? How might this change things for you?





Exercises to Invite in the Leadership Traits of Elephants to Your Money Life

Elephants also exude compassion. The moms teach the baby elephants everything. Babies are not born with a survival instinct. Elephant Matriarchs show deep caring not only to their young, but to other members of their extended family as well.

How might you bring more self compassion to your own personal relationship with money?

My hope is that through this process of inquiry, you have come to know a bit more about your relationship with money. Maybe you better understand the obstacles you face and your strengths as well. Maybe you have become aware of certain money areas you desire to change. Maybe you now have awareness of qualities that might help you create a better relationship with money than you have had in the past.

I hope this inquiry was fun for you, blending reflective questions about friendship and leadership traits of elephants!

Growing a healthy relationship with money is an inside process, which over time, can create financial wealth on the outside as well.

I am here to support you should you desire to have a money mentor in this process of creating a healthy relationship with money. Our work includes examining your blocks, beliefs, and money stories, in conjunction with examining your cash flow and how your money nourishes your deepest values.

Please give me a call at 650-703-1604 (cell) to set up an appointment.