

Your Money Story

...shared using the tool of a Financial Genogram



What is a Financial Genogram?

A financial genogram is a storytelling tool, supporting us in exploring how experiences and messages travel across generations, shaping our relationship with money.

Our family provides us our first lesson in how money works. Psychologists tell us that by the age of 12, our money stories are established. While our stories may be shaped by later influences as well, the early years of shaping are our strongest influence.

Our childhood money messages get internalized and over time get coded into beliefs. Our family money story is the “original software” behind the thoughts, feelings, and actions we bring to our money life. Our money stories reveal stories about sufficiency, insufficiency, power dynamics, control, patterns of behavior, relationships, events, conflicts, how decisions and priorities are made and who makes them, in regard to money.

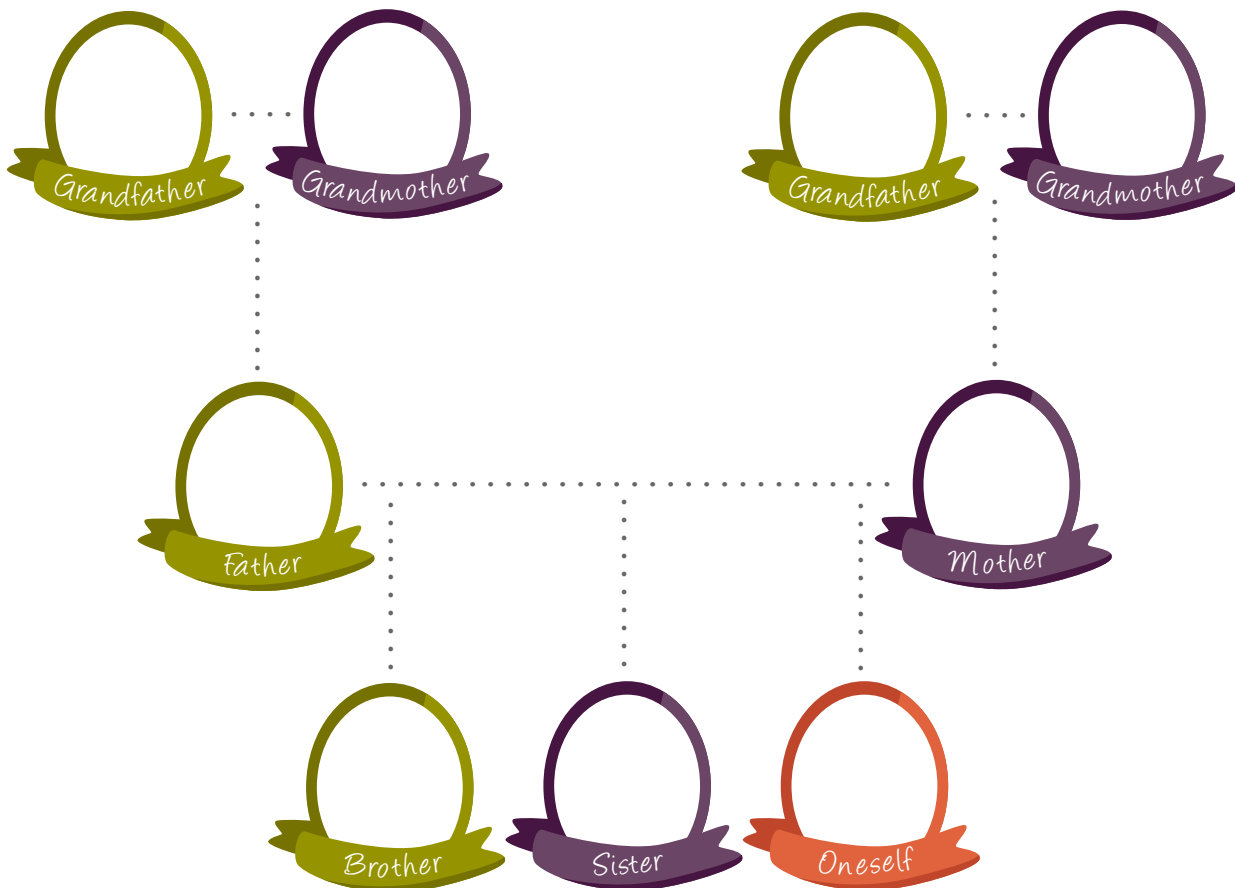
Our inner work is to explore with curiosity, understand with compassion, and bring consciousness to our inherited money story. In this way, we can bring the energy of forgiveness to our past relationship with money, releasing shame, blame, and judgement...in ourselves and our partners.

Understanding our money story helps us to step out of our blindspot with our money patterns and to begin to create a life by design, a design of our choosing. We begin to embrace a shift from a lack of awareness to eyes wide open and aware! We create a new money story, one based in choice.

EVERYONE'S FAMILY MONEY STORY HAS FOUR PARTS

The Four Parts:

- Events:** What you experienced with money
- Messages:** What people said about money
- Feelings:** The emotional tone, even when nothing was said
- Meaning:** How we interpreted the events, messages, and feelings



Lets begin with your paternal grandfather

1. His Name:

2. What events do you remember about him with money?

3. What money messages did he share with you? verbal or non-verbal?

4. What was his overall emotional tone about money?

5. How did you interpret what you witnessed and experienced from his behavior?

Now your paternal grandmother

1. Her Name:

2. What events do you remember about her with money?

3. What money messages did she share with you? verbal or non-verbal?

4. What was his overall emotional tone about money?

5. How did you interpret what you witnessed and experienced from her behavior?

Your maternal grandfather

1. His Name:
2. What events do you remember about him with money?
3. What money messages did he share with you? verbal or non-verbal?
4. What was his overall emotional tone about money?
5. How did you interpret what you witnessed and experienced from his behavior?

Your maternal grandmother

1. Her Name:

2. What events do you remember about her with money?

3. What money messages did she share with you? verbal or non-verbal?

4. What was his overall emotional tone about money?

5. How did you interpret what you witnessed and experienced from her behavior?

Your dad

1. His Name:

2. What events do you remember about him with money?

3. What money messages did he share with you? verbal or non-verbal?

4. What was his overall emotional tone about money?

5. How did you interpret what you witnessed and experienced from his behavior?

Your mom

1. Her Name:

2. What events do you remember about her with money?

3. What money messages did she share with you? verbal or non-verbal?

4. What was his overall emotional tone about money?

5. How did you interpret what you witnessed and experienced from her behavior?

OTHER THINGS TO THINK ABOUT

- 1: How did people earn money in your family?
- 2: Were there patterns of bankruptcy? Other patterns?
Entrepreneurial patterns?
- 3: How did money play a part in showing love or approval?
- 4: How was money used to punish or exclude?
- 5: Were you and your siblings treated equally with money in your perspective?

**How has your family money story shaped you?
Share freely and share from an internal family
systems perspective too!**