

Your Relationship to Money

Presented by

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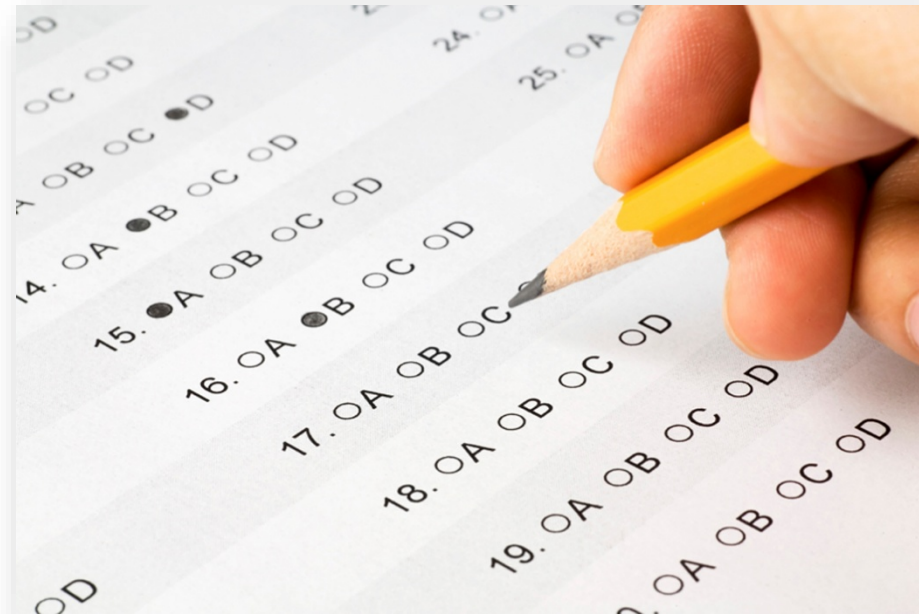
Your Employee Assistance Program Provider

Objectives

- Explore whether your relationship with money is similar to other relationships in your life
- Explore the relationship of emotion to money
- Be given some tools to think about money differently



Relationship Quiz



What is Your Relationship with Money?

To discover your relationship with money, choose the word in each pair below which best describes your financial approach:

- open
- generous
- systematic
- financial plan
- flush
- private
- cautious
- whatever
- no plan
- tight

How About Your Social Relationships?

Please choose the word in each pair below which best describes your social relationships:

- spontaneous
- likes sharing
- needy
- many
- on time
- plans
- doesn't share
- self sufficient
- few
- late

Questions

Did you see similarities between your social relationships and your relationship to money?

- If so, what were they?

"Don't tell me where your priorities are. Show me where you spend your money and I'll tell you what they are."

- James W. Frick

Money is an Emotional Issue

- Too taboo to talk about.
- Filled with fear and worry of not having enough.
- Self-Sabotage-We can sabotage ourselves by spending more than we can afford OR saving so much we don't enjoy life.
- Guilt-Not wanting to exploit our fellow humans has led some to feel guilty about abundance.

The only reason a great many American families don't own an elephant is that they have never been offered an elephant for a dollar down and easy weekly payments. ~*Mad Magazine*

Does Money Increase Happiness

- Hedonic Treadmill: The Enemy of Happiness
- The Power of Adaptation
- [Living Wage Calculation for Lane County, Oregon](#)

Does Money Increase Happiness



["Happy" Documentary - India Clip](#)

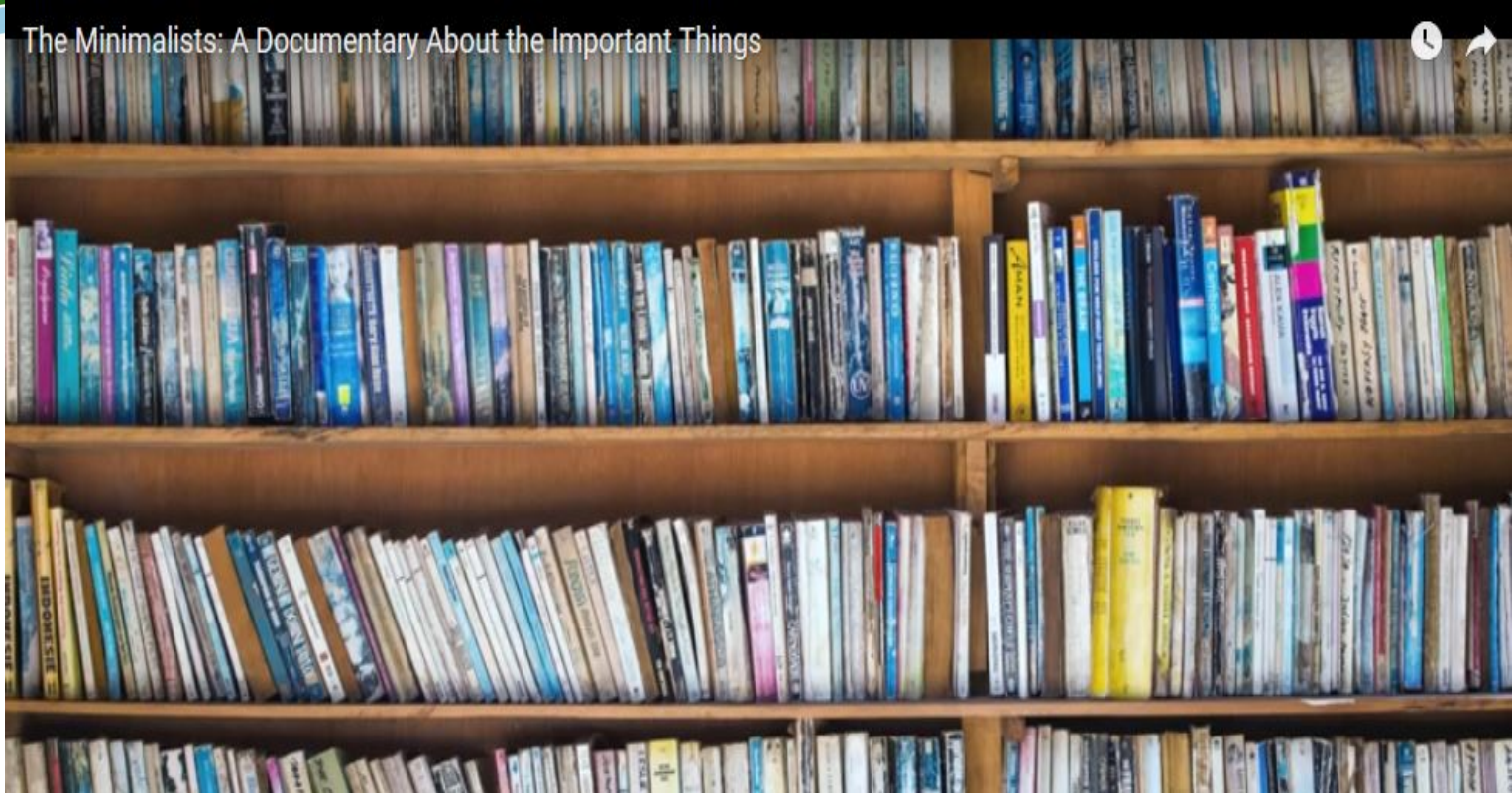
<https://www.youtube.com/watch?v=wZErD8blgw4&feature=youtu.be>

Does Money Increase Happiness



[Joshua Fields Millburn on Stuff and Happiness - "Minimalism: A Documentary About the Important Things" - Part 1](#)

Does Money Increase Happiness



[Joshua Fields Millburn on Stuff and Happiness - "Minimalism: A Documentary About the Important Things" - Part 2](#)

Does Money Increase Happiness

- *Money, if it does not bring you happiness, will at least help you be miserable in comfort. - Helen Gurley*
- *Money frees you from doing things you dislike. Since I dislike doing nearly everything, money is handy. - Groucho Marx*
- *A large income is the best recipe for happiness I ever heard of. - Jane Austen*
- *It is good to have money and the things that money can buy, but it's good too, to check up once in a while and make sure you haven't lost the things money can't buy. - George Lorimer*
- *Money only buys a small measure of happiness, and then only for those who have the wisdom to use it properly. - Steven Scott*
- *"I've been rich and I've been poor. Believe me, rich is better." – Mae West*

Perspective Matters



[TED Talk: How a Penny Made me Feel Like a Millionaire](#)

What Do You Think?

- How would you describe your parents' relationship to money?
- Are there any similarities with how you view it?
- If so, what are they?
- If you have children, what do you want to teach them about money?



"The easiest way for your children to learn about money is for you not to have any." - Katharine Whitehorn

Money Scripts

- Our beliefs about money that drive our financial behaviors
- We're often not aware of them
- Shaped by direct experience, family stories and parental attitudes
- Examples: "I only feel rich when I am spending money"; "Don't spend, unless on necessities"
- Certain money scripts are linked to lower incomes and net worth



Improving Your Relationship With Money

- Shine a spotlight on your scripts
- Know thyself



Improving Your Relationship With Money

- Consult reputable resources
 - *The Money Trap* by Ron Gallen
 - *The Secret Language of Money* by David Krueger
 - *Mind Over Money* by Brad Klontz
- Consult the experts

Summary

- Money is a complex, often highly emotional topic
- We need to examine our thoughts, feelings, and patterns as they relate to money
- If you are not behaving as you would like to in this relationship, what might you want to change?

Questions?



University of Oregon

Employee Assistance Program (EAP)

Summary of Services:

- Intake / Assessment
 - Up to five (5) visits per incident, per year
- E-Support
- Crisis Counseling
- Home Ownership Program
- Work / Family / Life
- Identity Theft Services
- Legal Consultations
- Financial Coaching
- FREE Simple Will Kit
- Cascade Personal Advantage

Thank You for Attending!

If you have any questions or would like additional information regarding services through your Employee Assistance Program please contact us at:

Phone 800.433.2320

Text 503.980.1777

www.cascadecenters.com



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