

NAMING

Patterns & Emotional Triggers

Patterns aren't personal failures—they're learned responses. And the moment you recognize them, they begin to lose their power.

Today, we're looking at the emotional side:
What triggers your stress, avoidance, guilt, overspending, or perfectionism?

This is where awareness becomes transformation.

What situations trigger stress or avoidance around money?
(bills? Account review? Unexpected expenses? Social situations?)

What emotions do I tend to feel around money?
Anxiety? Shame? Fear?
Guilt? Overwhelm?
Avoidance? Hope?
Confidence? Motivation?

What are the habits I fall into when I feel emotional about money?
(shopping, micromanaging, Procrastination, shutting down)

What do these patterns remind you of from your past?