



What Are Money Wounds?

Money Wounds are not about how much money you have or don't have. They describe deep patterns around safety, worth, power, and survival in the material world. These wounds often form through childhood experiences, ancestral scarcity, cultural conditioning, financial trauma, or times when money was linked to stress, control, shame, conflict, or instability.

Money Wounds can shape how safe it feels to receive, earn, charge, save, spend, or be seen in your value. They may show up as under-earning, over-giving, guilt around wealth, fear of visibility, financial anxiety, self-sabotage, or feeling that money equals pressure or responsibility rather than support.

Nothing here means something is wrong with you. These patterns once helped you stay safe, connected, or accepted. This assessment helps you gently uncover where your system may still associate money with danger or loss, and where it may now be safe to experience money as supportive, neutral, and life-enhancing.

Is This You?

You may resonate with this assessment if money feels stressful, emotional, or charged, regardless of how much you earn. If you notice cycles of struggle, avoidance, over-responsibility, or fear around money and worth, this self-assessment is for you.

Instructions

This self-assessment is a gentle awareness tool - not a test and not a diagnosis. There are no right or wrong answers. Its purpose is to help you:

- Notice how money-wound patterns show up in your thoughts, emotions, body, work, relationships and nervous system
- Create a clear baseline (Before)
- Track softening, safety and integration after healing sessions (After)

This assessment is designed to be used alongside energy healing, clearing work, infusions, affirmations, and reflection.

How to Complete This Assessment

1. Read each statement slowly. Notice what feels true for you *right now*.
2. Rate each statement from **0 to 10**, where:
 - **0 = Not present / not an issue**
 - **10 = Strongly present / a recurring pattern in my life**Use the number that best reflects your *overall experience*, not one isolated moment.
3. Answer honestly and intuitively. Your first instinct is usually the most accurate.
4. You may complete this assessment:
 - **Before** beginning money-wound healing
 - **After** clearing Money Wounds, Vows, Contracts or Ancestral Patterns
 - **Periodically**, to track ongoing integration
5. Be compassionate with yourself. Higher scores simply show where safety and support are still being requested.

Important Notes:

- All statements describe common Money Wound expressions. Higher scores do not mean something is wrong with you. They reflect intelligent adaptations your system developed to survive, belong, or stay safe.
- Strong emotions, resistance, or fatigue may arise while completing this assessment. If so: Pause. Breathe. Place a hand on your heart. Return when you feel grounded.
- Some money patterns may not originate in this lifetime alone. They may be generational, ancestral, karmic, or past-life influences showing up through your relationship with money, work, and safety.
- This tool is for awareness and healing, never self-judgment.

Section 1: Financial Safety & Survival

I feel ongoing anxiety or vigilance around money. ____ / 10

I fear not having enough to survive or feel secure. ____ / 10

My body feels tense, alert, or unsettled when I think about finances. ____ / 10

Section 2: Self-Worth & Deserving

I feel undeserving of wealth, ease, or financial success. ____ / 10

My sense of worth is tied to how much I earn or have. ____ / 10

I feel shame or guilt wanting more than the bare minimum. ____ / 10

Section 3: Receiving & Support

I struggle to receive money, help, or support with ease. ____ / 10

I feel uncomfortable when others give to me financially. ____ / 10

I believe I must handle everything alone to be safe. ____ / 10

Section 4: Over-Giving & Self-Sacrifice

I give more than I can sustainably afford. ____ / 10

I feel responsible for others' financial wellbeing. ____ / 10

I neglect my own needs to avoid guilt, conflict, or rejection. ____ / 10

Section 5: Power, Visibility & Expansion

I feel unsafe being seen, successful, or financially empowered. ____ / 10

I hold myself back from expansion or earning more. ____ / 10

I associate success with loss, danger, or judgment. ____ / 10

Section 6: Money & Love Entanglement

Money creates tension or imbalance in my relationships. ____ / 10

I sacrifice my needs to maintain harmony around money. ____ / 10

I fear losing love or approval if I assert financial boundaries. ____ / 10

Section 7: Shame, Guilt & Secrecy

I feel shame about my financial situation or decisions. ____ / 10

I avoid talking openly about money. ____ / 10

I criticise myself harshly for financial mistakes. ____ / 10

Section 8: Control, Avoidance & Freeze Responses

I avoid looking at my finances or making financial decisions. ____ / 10

I feel frozen, overwhelmed, or paralysed around money. ____ / 10

I try to control money tightly to feel safe. ____ / 10

Section 9: Abundance, Pleasure & Enjoyment

I struggle to enjoy money without fear or guilt. ____ / 10

I restrict pleasure, rest, or enjoyment due to money worries. ____ / 10

I believe abundance is temporary or unsafe. ____ / 10

Section 10: Career, Earning & Expression

I undervalue my time, skills, or contributions. ____ / 10

I fear asking for fair pay or charging appropriately. ____ / 10

I stay in draining work due to fear of instability. ____ / 10

Section 11: Health, Energy & Burnout

Money stress impacts my physical health or energy. ____ / 10

I overwork to feel financially safe. ____ / 10

I sacrifice rest or self-care due to financial pressure. ____ / 10

Section 12: Spiritual Beliefs About Money

I feel conflicted about money due to spiritual or moral beliefs. ____ / 10

I associate wealth with being less spiritual or good. ____ / 10

I feel guilt receiving money for my gifts or healing work. ____ / 10

Section 13: Generational & Ancestral Money Patterns

I repeat financial patterns from my family system. ____ / 10

I carry scarcity or fear that does not feel fully mine. ____ / 10

I feel loyal to struggle, sacrifice, or hardship. ____ / 10

Section 14: Contracts, Vows & Soul Agreements

I feel unconsciously committed to struggle or lack. ____ / 10

I sense deep agreements limiting my financial flow. ____ / 10

Part of me believes money must come through suffering. ____ / 10

Section 15: Trust, Ease & Financial Safety in the Body

My body contracts when I think about money. ____ / 10

I struggle to feel calm or grounded around finances. ____ / 10

I find it hard to trust life to support me financially. ____ / 10

Score Interpretation Guide

Use this guide for each section rather than the total score.

- 0–3 | Integrated / Regulated
This area feels relatively safe and supported.
- 4–6 | Active Pattern
The wound is present and influencing behaviours, emotions, or relationships. Healing here will create noticeable shifts.
- 7–10 | Core Money Wound
This is a deep, primary expression of the Money Wound. Healing this area is likely to create significant emotional and energetic relief.

Higher scores indicate more activation. Lower scores reflect safety and integration.

Before & After: Measuring Real Change

When you complete this assessment again later, look for:

- Lower scores
- Softer emotional reactions
- Less intensity in the body
- More choice, ease, or self-compassion

Even a small numerical shift in a score can represent a big internal re-patterning.

Reflection & Integration

Complete this section after reviewing your scores.

1. My Top 3 Money Wound Expressions (Highest Scoring Sections)

1.

2.

3.

2. Body Awareness - Where do I feel money-related tension, contraction, or numbness in my body?

3. Emotional Awareness - What emotions arise most present here?

4. Core Beliefs Noticed - What beliefs about safety, worth, power, or receiving are present?

5. Compassionate Witnessing - If these patterns were protecting me, what might they be afraid of?

After Healing – Integration Reflection

Complete after clearings of the Wounds, Vows, Soul Contracts and Karmic Patterns. You can do this after each clearing step, or when you have finished clearing them all.

6. What Has Shifted? - Which sections feel lighter, softer, or calmer?

7. Embodied Changes - What feels different in my body, emotions, or relationships now?

8. New Inner Truths - What new beliefs, or feelings of safety are emerging?

9. Self-Trust Statement Complete this sentence: *I now allow myself to feel safe to...*

A Final Reminder

This work is not about fixing yourself.

It is about gently teaching the parts of you that learned to survive that they are safe now.

You are allowed to heal at your own pace. You are allowed to receive support.
And you are allowed to experience safety, ease, and abundance.

If what you uncovered feels familiar, it doesn't mean anything is wrong with you.
It means something is ready to be cleared.

I work with these wounds gently and safely through energy clearing and guided healing sessions.

If you feel called to go deeper, you're welcome to [reach out](#) or book a [Blocked to Abundant session](#).