

## AN OVERVIEW OF THE NINE MONEY OBSESSIONS

(Based on research conducted by psychologist Dr Dennis Flemmer)

<ul style="list-style-type: none"><li>• <b>Anger / Inferiority</b> The misplaced drive to counter a feeling of inferiority or lack of character by making a lot of money and being able to feel superior or righteous.</li><li>• <b>Pride / Resentment</b> The belief that having a lot of money will make people like and appreciate you in return for rescuing them. However, there is no true love after manipulation and the abuse of power. It also becomes an obsession to have enough money to maintain financial captives.</li><li>• <b>Deceit</b> The belief that money confers influence and status. Thus, believing that money helps you maintain your image as a successful person and that success or failure in life solely depends on how much money you have.</li><li>• <b>Envy</b> <i>“When you spend money on me you make me feel special. If you don’t spend money on me, you make me feel defective and unworthy. If you refuse to make me feel special I will have to do this myself by engaging in some retail therapy”</i> (i.e. I want to go shopping). This equates to determining your worthiness in the eyes of yourself and others through gifts or spending.</li><li>• <b>Avarice / Greed</b> This springs from the belief that hoarding money will allow you to maintain your privacy and have your cash as a companion.</li></ul>	<ul style="list-style-type: none"><li>• <b>Fear / Worry</b> A preoccupation with achieving a sense of security through money. You are seduced into believing that security lies with having money, not within yourself. Having money can determine whether you have self-confidence or feel you can trust others.</li><li>• <b>Self-preoccupation</b> A catch-22 where money gives you pleasure, yet getting more pleasure makes you end up with less money, which leaves you depressed. When a person seeks redress for emotional pain through over-indulgence, it can rob that person of maturity, self-discipline, true happiness and an ability to feel empathy with others.</li><li>• <b>Desire to dominate</b> The illusion that money provides power and control. This obsession of identifying control with a bigger bank balance can lead to sadistic and anti-social behaviour which can spiral out of control. Ironically, this usually leads to a loss of influence over people in our lives over the long term – it brings contempt, not respect.</li><li>• <b>Blind to action</b> The denial of the reality of money because it causes conflict. This makes the money situation someone else’s problem, creating conflict and robbing you of the peace you desired in the first place.</li></ul>
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