

Take Charge of Your Inner Money Life:

Practical Guide and Info Packet with the
Money Types Assessment Tool

By

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Introduction

This packet was compiled as a result of direct requests from readers and clients who wanted to better understand the approach of using Money Types when it comes to financial decisions in their blended families. These clients were reaching for answers – they knew that how they were approaching money, and conversations about money, was not as effective or as enjoyable as they would like. They were seeking ways to shift old, familiar patterns and discover new ways of moving with their money towards leading more fulfilling, richer lives.

What this packet includes:

1. An overview excerpt about Money Types from Chapter Two of Estate Planning for the Blended Family by Paul Hood and Emily Bouchard.
2. A simple step by step assessment that gives you an indication of the predominant Money Types that are showing up most frequently for you at this time when it comes to money.
3. A brief description of each of the Money Types.
4. A detailed chart giving characteristics, fears/motivations and key healing for each of the money types.
5. An overview of the Money Coaching Core Process for Couples
6. Three supplemental articles about how to apply Money Types to real life situations

Money Types

A fundamental approach that clients have found to be a swift, effective, and surprising way to open up new possibilities in how to relate to each other around conversations related to money and estate planning is to understand the inner players on each of their inner theaters. These inner players are the voices you hear when you are speaking and talking about money and planning.

The author, Emily Bouchard, is a trained money coach from The Money Coaching Institute. She shows couples how to identify and work with their core “money types” when in conversation with each other about money, when making important decisions about their estates, and when discussing important concerns about their finances with their advisors and their children. At her company, the Wealth Legacy Group, they work with blended families in their entirety using a Family Legacy Retreat format that ties in the Money Types with communication strategies, as well as empowering family members to be successful in their roles in the family enterprise, the family estate plan, and in the overall stewardship of the family wealth.

At Wealth Legacy Group, they also work with advisors to facilitate their understanding of the different characters that typically show up when working with clients around emotionally loaded topics in their estate plan.

What follows is an explanation about Money Types and how they can be utilized with each other and within your blended family.

The concept of Money Types makes a lot of sense to people once they discover it. Simply put, we are each the directors of our lives, much like we are the directors of our estate-planning process. Over time, we forget that we write our scripts and we direct our plays as we go, and we give way too much power and control to the cast of characters on our stage of life. This cast is the same for every person--who is front and center differs from person to person, from situation to situation, and over time for each individual. Knowing these players intimately allows you ease of directing them and taking care of their quirks and needs when situations arise, so that *you* are in charge of who is center stage when it comes to what matters most to you. Once you have *awareness*, you then have *choice* about how to move, and this allows you to take effective *action* when you want to.

Awareness of Money Types

So who are these characters? Before we answer that question, we want to make sure you understand what is meant by a “type.” Archetypes have been written about and explored since Carl Jung first introduced the concept by that particular name, though they have been around a lot longer. Joseph Campbell made them even more accessible and understood in his writings and teachings. There are

numerous books about archetypes in general for those who want to understand this concept more in-depth. For our purposes here, we'll explain them in a simple, straightforward manner. Money Types are a way of describing common patterns and habits people develop over the course of their lives when relating to money and financial decisions. These patterns become ingrained over time as we repeat them again and again. They are familiar to us. They are our automatic ways of reacting and responding when the following happens:

- A bill arrives in the mail. Do you open it immediately and pay it? Do you set it aside for later and forget to pay it? Do you hand it to someone else to take care of it for you?
- A letter shows up from the trust officer. Do you open it then and there and read it through and take the necessary action? Do you put it in a drawer, unopened with all the other ones?
- A check or payment is received. Do you open it and deposit it that day? Do you put it aside and misplace it?
- A check is written. Do you balance your checking account at that time? Does it end up bouncing?
- A document you need for estate planning needs to be located. Do you know exactly where it is and what it says? Do you have to search for hours? Do you call the advisor or institution and have them generate a new one for you?
- A conversation about money is opened. Do you have the information you need? Do you avoid the conversation? Does your stomach start to hurt?

As you read these examples, look and see what your approach most likely would be in each situation. These honest approaches are all valid and real, and they are each generated by one of the eight different money types. Each person has all eight types (and more--these are just the most common) and how strong or prevalent each type is depends on a number of factors including, but not limited to the following:

- Your upbringing and what patterns were modeled for you. What you saw, what you heard, and what you felt.
- Your own thinking and what meaning your mind made about what you saw, heard, and felt.
- Decisions you made about who and how you were going to be as a result of what you saw, heard, and felt.
- Societal and cultural stereotypes about gender and roles in the family.
- Birth order (e.g., are you the oldest, the youngest, the middle child?)
- What situation you are contending with; for instance, you may be great at bargaining for small-dollar items but may avoid making significant financial decisions.
- The time of day.
- The time of year.
- Your mood.

- Who you are with (e.g., women vs. men, someone younger vs. someone older, someone with more education than you vs. someone with less)

Money Types go by different names depending on which book you read or whose approach you choose. Brent Kessel in It's Not About the Money, writes about Guardian, Pleasure Seeker, Idealist, Saver, Star, Innocent, Caretaker, and Empire Builder. John Robbins in The New Good Life discusses the Saver, Innocent, Performer, Sensualist, Vigilant, and Giver. In Emily's Special Report on how to Unravel Your Money Patterns she describes four basic money personalities: Spenders, Savers, Avoiders, and Monks, which she learned through training with T. Harv Eker and his work on the Secrets of the Millionaire Mind.

Having studied all of these various models, Emily has found the approach of Deborah L. Price, founder of the Money Coaching Institute and author of Money Magic, to be the most elegant, accessible, and useful way to work with people to break free of ingrained patterns, and support them in discovering new ways of being when it comes to money, wealth, finances, and estate planning. These are the Money Types:

- **Innocent:** A sense of confusion and of not knowing how to proceed.
- **Fool:** Leaping in before looking and gathering the relevant data.
- **Victim:** Feeling put upon and blaming others.
- **Martyr:** Righteously indignant, resentful, and bitter.
- **Tyrant:** Needing to control; infuriated and wanting to take action and state your case.
- **Creator/Artist:** In denial and avoiding anything to do with money.
- **Warrior:** Empowered, aware, and ready with the data.
- **Magician:** Aware, alert, and grounded in the current circumstance while able to access creative and new ways to deal with persistent problems.

One reason for this particular approach being especially effective is that the names of these Money Types are evocative and conjure up images that we may not want to look at. This tells us a lot about what our relationships are within ourselves when it comes to our financial lives. While no one would ever want to identify with being a "tyrant" or a "fool," understanding how these characters show up in our lives, in our conversations, and in our decision-making, is incredibly useful and revealing. Exploring your Money Types can feel quite vulnerable and, what Emily's clients find to be most surprising of all, quite liberating too.

Knowing and understanding the elements of all the Money Types is liberating because as soon as you're aware of which character is driving your bus, you can direct it where you want to go, or you can put another one in the driver's seat and get there more quickly and competently, while also taking care of the concerns of the type that you caught steering you off course.

An example we often see in blended family estate planning is as follows: A second wife is meeting with her husband and their male estate-planning advisor. The advisor and her husband are talking about possible vehicles to use to avoid taxes and protect his key concerns as they relate to his children from prior relationships. The two men are using technical terms she does not understand. She also notices that she is not being actively included in the discussion and that there are aspects of the discussion that are not addressing her key concerns. Her “innocent” part keeps quiet and does not ask any questions. When she realizes that the decisions they are making will have a direct impact on her freedom to make financial decisions on her own if he should die first, her “victim” type then takes over and becomes quite hurt and upset, yet she still does not say anything.

If she had awareness of “innocent” and “victim” types and how they are driving her behavior in the meeting, she could access her “warrior” to step in and speak up. Her “warrior” will respectfully express her concern, and ask that they slow down and describe what they are talking about and how it will impact her directly in ways that she can understand. The “warrior” would continue to slow them down each time they said a term she was unclear about and ask for further clarification and how it relates to the bigger picture.

Now imagine this couple leaving that meeting. If she did not have awareness and access to her “warrior”, chances are that her “innocent” and “victim” team would call her “martyr” to be center stage and her husband would have had one resentful, angry, and hurt woman to contend with as they drove home. By being empowered to have her “warrior” step forward and make sure her needs got met and addressed as well, the couple has a chance of having a much more enjoyable and relaxed drive home, sharing what they both got from the meeting, and discussing the next steps for their estate-planning process.

Determining Your Money Type/s

What follows next is a simple assessment to give you a snapshot of the money types that are presently “up” for you at this time. After you complete the assessment, you will find some further descriptions and explanations about the Money Types. You may also want to purchase the book Money Magic by Deborah Price that goes into much greater detail.

DETERMINING YOUR MONEY TYPE/S -- ASSESSMENT

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List of Characteristics

(circle all that apply to you regarding your tendencies around money)

Anxious	Prone to blame	Highly emotional
Lives in past	Financially irresponsible	Seeks rescue
Trusting	Feels powerless	Unforgiving
Addictive	Self-fulfilling prophecy	Powerful
Naïve	Disciplined	Goal-oriented
Feels betrayed	Confident	Calculating
Highly critical	Judgmental	Lives for Today
Rescuer	Careless	Generous
Loving	Conscious	Open to Flow
Manipulative	Happy-go-lucky	Discerning
Controlling	Long-suffering	Caretaker
Self-sacrificing	Passive-aggressive	Resentful
Compassionate	Wise	Restless
Undisciplined	Financially Successful	Fearful
Impetuous	Optimistic	Overly generous
Adventurous	Internally motivated	Successful
Unattached	Highly materialistic	Reclusive
Seeker	Tells the truth	Non-materialistic
Financially balanced	Vibrant	Indecisive
Passive	Financially dependent	Seeks security
Non-confrontational	Represses feelings and beliefs	Secretive
Creative	Obsessive/compulsive	Competitive
Transforms reality	Harbors resentment	Over indulgent
Spiritual	Reckless	Loyal
Oppressive	Prone to anger	Conflicted
Perfectionist	Resistant	Cautious

Key to the Money Types

1	Anxious	2	Prone to blame	2	Highly emotional
2	Lives in past	2&5	Financially irresponsible	1	Seeks rescue
1&8	Trusting	1&2	Feels powerless	2&7	Unforgiving
2	Addictive	2	Self-fulfilling prophecy	3&8	Powerful
1	Naïve	3	Disciplined	3	Goal-oriented
4	Feels betrayed	8	Confident	3&7	Calculating
7	Highly critical	4	Judgmental	5	Lives for today
3&4	Rescuer	5	Careless	3&8	Generous
8	Loving	8	Conscious	8	Open to flow
4&7	Manipulative	1&5	Happy-go-lucky	3	Discerning
4&7	Controlling	2&4	Long-suffering	4	Caretaker
4	Self-sacrificing	2&4	Passive-aggressive	2	Resentful
4&8	Compassionate	3&8	Wise	5	Restless
5	Undisciplined	3&7	Financially successful	1,2&7	Fearful
5	Impetuous	5&8	Optimistic	5	Overly generous
5	Adventurous	6	Internally motivated	8	Successful
6&8	Unattached	7	Highly materialistic	6	Reclusive
6	Seeker	6&8	Tells the truth	6	Non-materialistic
8	Financially balanced	8	Vibrant	1	Indecisive
6	Passive	1	Financially dependent	1	Seeks security
1&6	Non-confrontational	1	Represses feelings and beliefs	7	Secretive
6	Creative	7	Obsessive/compulsive	3	Competitive
8	Transforms reality	4	Harbors resentment	5	Over Indulgent
6&8	Spiritual	5	Reckless	3	Loyal
7	Oppressive	7	Prone to anger	6	Conflicted
4	Perfectionist	6	Resistant	3	Cautious

Each word on the prior page has a corresponding number beside it to the left. This number represents one or more of the eight Money Types. Below is a list of each Money Type with their corresponding number. Add up the total count you have circled for each number. If you have circled a word with two or more numbers, count that word more than once for each Money Type to which it applies.

Money Type	Count from Key	Example
1 = Innocent	_____	III (3)
2 = Victim	_____	II (2)
3 = Warrior	_____	IIIIII (6)
4 = Martyr	_____	IIII (5)
5 = Fool	_____	II (2)
6 = Creator/Artist	_____	II (2)
7 = Tyrant	_____	IIII (4)
8 = Magician	_____	IIIIIIII (8)

Add up the number of characteristics you have in each category and put it on the corresponding line opposite each of the Money Type above.

The category in which you have the highest count is your primary money type. If you have a score of five or greater in any other category, this is an indication that this money type is currently active in your life as well. You may have work to complete where these types are concerned.

A score of four or less represents a passive money type. While passive money types are generally not present or active in your daily life but can be triggered and become “active” during times of stress or when you feel anxious or fearful about money. Passive money types are inert aspects of the self that can be influenced by external circumstances or

events. The passive money “energies” that exist within us all tend to keep a low profile and remain largely hidden dimensions of who we are.

Understanding Your Score

According to Deborah Price of the Money Coaching Institute, a score of 5 or higher in any one Money Type generally “indicates it is primary or dominant, while a score of 4 or lower indicates it is a shadow Money Type. But if all scores are below 5, then it's most often due to a ‘disconnection’ between a person's present state of consciousness and awareness around money and the associated words. If several scores are above 5, then the multiple primary archetypes are often at odds with each other as to which one is ‘running the show.’

“Understand that it's *not just the primary* or dominant Money Type that is key. It's also knowing how your *shadow* or non-dominant Money Types interact with the primary Money Type that impacts one's way of moving through the world where money is a fact of life. For instance, one may have a high Magician or Warrior score (two of the more ‘positive’ Money Types) but may also have a high shadow score in Innocent, Fool, or Victim. If so, then the ‘voices and messages’ of the shadow archetypes may be distracting the Warrior (the archetype of Action) or the Magician (the archetype of Knowledge and Wisdom) from being fully present and focused on the task at hand.”

Price goes on to emphasize, that “the results are not ‘who you are,’ but ‘*where* you are’ emotionally and energetically when you took the quiz. Things can and do shift depending on which archetypes may be more active or have been triggered by a specific event or incident.”

The following pages give an overview of the different money types. If you find this assessment confusing, or if it opens up thoughts and feelings that you would like to address more deeply, please contact us at estateplanning@blended-families.com.

Brief Overview of Money Types

Innocent: Trusting*Happy-go-lucky (externally)*Fearful or anxious (internally)*Indecisive *Security seeking*Financially dependent*Repressive of feelings and beliefs*Non-confrontational*Seek security*Feel powerless

Victim: Prone to blaming others*Highly emotional(melancholy or angry)*Living in the past*Financially irresponsible*Seeking to be rescued*Feeling powerless*Resentful *Unforgiving*Addictive*Living out a self-fulfilling prophecy

Warrior: Powerful*Driven*Loyal*Competitive*Disciplined*Goal oriented*Confident*Financially successful*Calculating*Generous*Rescuers*Wise*Discerning

Martyr: Controlling*Manipulative*Longsuffering*Secretive*Caregivers*Self-sacrificing *Disappointed*Critical and judgmental*Perfectionist*Resentful*Passive-aggressive*Wise*Compassionate*

Fool: Restless*Undisciplined*Financially irresponsible*Impetuous*Optimistic*Overly generous*Happy-go-lucky*Adventurous*Lives for today

Creator/Artist: Highly artistic and/or spiritual*Passive*Internally motivated*Detached*Non-materialistic*Often loners*Seekers of truth

Tyrant: Controlling*Rigid*Manipulative*Fearful*Oppressive*Prone to rage or violence *Highly critical and judgmental*Aggressive*Unforgiving*Secretive*Highly materialistic

Magician:Spiritual*Wise*Conscious*Vibrant*Trusting*Generous* Loving*Powerful*Optimistic*Fluid*Confident*Compassionate*Detached*Open to flow*Financially balanced

Money Types Chart

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Type	Key Characteristics	Fears/Goals/Motivations	Key Healing
Innocent	Trusting Happy-go-lucky (externally) Fearful or anxious (internally) Indecisive Security seeking Financially dependent Repressive of feelings and beliefs Non-confrontational Seek security Feel powerless	Fears: Primary fear is abandonment Also fear seeing what is going on around them. Goal: Safety at all costs.	Lesson for the Innocent is to claim her own power and to learn to find safety in the knowledge of her own capabilities. By allowing herself to experience her independence, her fear of abandonment will dissipate, as will her innocence. Learn to judge or discern others' motives or behaviors Discover the power within
Victim	Prone to blaming others Highly emotional (melancholy or angry) Living in the past Financially irresponsible Seeking to be rescued Feeling powerless Resentful Unforgiving Addictive Living out a self-fulfilling prophecy	Prone to living in the past Blame their financial woes on external factors. Have been abused, betrayed, or have suffered some great loss. Have never processed their pain, and so it has turned on them Always looking for someone to rescue them Believe they have suffered enough. Sense of entitlement Goal: Get others to do for them what they refuse to do for themselves (can disguise as innocent) Fear: Being betrayed. (Ironically, what Victims do not see is that they are most often betrayed by themselves.)	They must learn to understand and heal from their past wounds Spiritual transformation for Victims comes when they are able to see how using their past experiences can act as a powerful tool and catalyst for change.
Warrior	Powerful Driven Loyal Competitive Disciplined Goal oriented	Adept investors — focused, decisive, and in control. Will listen to advisors Make their own decisions	Worthy opponents are most easily recognized as the person with whom you have the greatest conflict.

	<p>Financially successful Confident Calculating Generous Rescuers Wise Discerning</p>	<p>Rely on their own instincts and resources to guide them.</p> <p>Often have difficulty recognizing the difference between what appears to be an adversary and a worthy opponent.</p> <p>Heroic in their true concern for others' welfare</p> <p>Fear: Dependence and loss of power.</p>	<p>When we are willing to step back and recognize the lesson and truth this person has to teach, even when it is disguised as conflict, their presence is worthy of our attention.</p> <p>When we recognize the conflict as an opportunity for growth, our "opponent" has, in fact, served us.</p> <p>Understand what it is they are truly seeking to protect or conquer and to establish boundaries around what is truly important to them.</p> <p>Knowing when to pick up the sword and why and when to put it down.</p>
Martyr	<p>Controlling Manipulative Long-suffering Secretive Caretakers Self-sacrificing Disappointed Critical and judgmental Perfectionist Resentful Passive-aggressive Compassionate Wise</p>	<p>Financially speaking, Martyrs generally do more for others than they do for themselves. They often rescue others</p> <p>Martyrs do not always let go of what they give</p> <p>Repeatedly let down when others fail to measure up to their expectations.</p> <p>Have formed an unconscious attachment to their own suffering.</p> <p>Tend to be perfectionists with high expectations of</p>	<p>Heal their woundedness, especially around the need to be right.</p> <p>Release suffering.</p> <p>Give what you want to receive.</p>

		<p>self and others</p> <p>Goal: Be in control and control others AND be the wounded, often very needy, child</p>	
Fool	<p>Restless Undisciplined Financially irresponsible Impetuous Optimistic Overly generous Happy-go-lucky Adventurous Lives for today</p>	<p>Combination of the Innocent and the Warrior</p> <p>Gambler by nature</p> <p>Always looking for a windfall of money by taking financial shortcuts.</p> <p>Money making as a sport or form of recreation</p> <p>Lives very much in the moment and is quite unattached to future outcome.</p>	<p>Learning to pay more attention to what's happening</p>
Creator/ Artist	<p>Highly artistic and/or spiritual Passive Internally motivated Detached Non-materialistic Often loners Seekers of truth</p>	<p>Find living in the material world difficult</p> <p>Frequently have a conflicted love/hate relationship with money.</p> <p>Overly identifies with the interior world and may even despise those who live in the material world</p> <p>It's almost impossible to attract what we are repelled by, so the Creator/Artist is constantly struggling for financial survival.</p> <p>Fear: Being inauthentic or not being true to themselves.</p>	<p>End their struggles by working to integrate the spiritual with the material world</p> <p>Accept the world she lives in and embrace it in all its many dimensions.</p> <p>Stop suffering from the tension we feel between the spiritual and material worlds. Learn to embrace both worlds as part of our own duality.</p>
Tyrant	<p>Controlling Rigid Manipulative Fearful Oppressive</p>	<p>Use money to control people, events, and circumstances.</p> <p>Hoards money</p>	<p>To heal their woundedness. To learn to ask for what they truly need and want rather than</p>

	<p>Prone to rage or violence Highly critical and judgmental Aggressive Unforgiving Secretive Highly materialistic</p>	<p>May have everything they need or desire, but never feel complete, comfortable, or at peace.</p> <p>Purely self-interested.</p> <p>Lack many things that money cannot buy.</p> <p>In spite of their apparent success, very fearful. Rarely feel any sense of fulfillment.</p> <p>“Chronic-not-enoughness.”</p> <p>Fear: Loss of control. To learn that money will not save them or heal their loss.</p>	<p>manipulate to get it.</p> <p>To know there is enough for everyone.</p> <p>To understand and transform their fear so they can learn to feel safe</p>
Magician	<p>Spiritual Wise Conscious Vibrant Trusting Generous Loving Powerful Optimistic Fluid Confident Compassionate Detached Open to flow Financially balanced</p>	<p>Know how to transform and manifest their own financial reality.</p> <p>Fully awake and aware of himself/herself and the world around him.</p> <p>Armed with the knowledge of the past, has made peace with his personal history</p> <p>Understands that his source of power exists within in his ability to see and live the truth of who he is.</p> <p>Know the source of power to manifest lies in their ability to tap into their Higher Power.</p>	<p>With faith, love, and patience, the Magician simply waits in certainty with the knowledge that all our needs are met all the time.</p>

Money Coaching Core Process for Couples

What is Money Coaching?

Money Coaching is a well-established process designed to uncover your unconsciously held beliefs and patterns related to money, where they come from, how they impact your relationship, and most importantly, what you can do about them.

Through a step-by-step process, Money Coaching will guide you to a deeper understanding of unconscious beliefs and patterns that create stress, anxiety and the potential for conflict and resentment in your relationship. The process gives you strategies and skills for how to communicate effectively with each other when money and finances are at stake.

When you actively participate in your personalized Money Coaching program, you will:

- Rid yourself of money anxiety based on false beliefs and unconscious patterns.
- Change how you think and feel about money, so that you can feel greater ease and competence with the flow of money in your life.
- Develop peace of mind through creating a balanced life – financially and emotionally.

Your step-by-step process includes:

- Assessing your “money types” and understanding the impact they have on your life and your relationship with each other, especially when making financial decisions.
- Learning to understand how your “money types” were formed and what you can do to master them.
- Discovering your intangible assets and how to maximize their use to allow for freedom of expression combined with greater prosperity.

This process includes: Intake/Introductory session and 4-6 sixty to ninety-minute coaching sessions which follow a clearly defined progression. These sessions are done in a manner that works with your busy lives AND brings the greatest value to you both as you move forward.

Money Coaching Investment:

Time: 4-6 sixty to ninety-minute coaching sessions

Money: \$1500/individual; \$2500/couple

For more information or to sign up for money coaching, [contact us](#)

SUPPLEMENTAL ARTICLES APPLYING MONEY TYPES TO REAL LIFE

How Your Money Type Impacts Your Ability to Trust Yourself

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Note: This updated article first appeared as a guest post in Bari Tessler's Conscious Bookkeeping Blog in January 2009

If you're like most people who have come to this site, you are looking for answers and support during this challenging time of economic uncertainty.

With the banking industry failing to take care of our concerns, and with apparently well established, trusted individuals like Bernard Madoff swindling foundations, famous people and the mega rich out of billions of dollars, **we are all painfully aware that something drastic needs to change.**

The most important first step in reclaiming your dignity, power, and sense of confidence in the realm of money and finances is to build your capacity to TRUST YOURSELF.

There's a reason why Madoff and others like him are able to steal from those who trust them. They know how to manipulate the various **Money Types** and how people unconsciously make financial decisions that are self-sabotaging. Some archetypal characteristics you may be encountering within yourself related to fears and concerns about money include:

Innocent: Someone with a strongly activated Innocent Archetype in relationship to money is likely to blindly trust someone and not ask questions when something does not seem quite right. When the Innocent is running your decision-making you will find yourself feeling overwhelmed by financial statements and information, and you will tend to rely heavily on the advice and opinions of others. When the advice is given by a greedy Tyrant, the Innocent is easily taken advantage of and won't see the damage until it is too late.

Victim: Those with an activated Victim Archetype running their money life will tend to blame their financial woes on external factors. Victims will show up as financially irresponsible and often seek to be rescued by others. Unfortunately, this sets up a pattern of getting re-victimized again and again.

Fool: A person with a strong Fool Archetype is always looking for a windfall of money by taking financial shortcuts. The Fool is like the Innocent in that they can

have difficulty seeing the truth about things, with the added aspect of being eternally optimistic regardless of circumstances.

One of the key elements in the Madoff scandal that has everyone shaking their heads is how so many people and organizations had so much money invested in a situation where they could not comprehend the financial statements – they did not know how the money was being invested. When the Innocent, Victim and Fool Archetypes are the ones making the decisions, the key questions to ask are not considered or posed. And, when the rate of return is exceptional and consistent, there is no financial incentive to begin to question... until it is too late.

What happened in that scandal is something that everyone is touched by and that everyone has experienced on one level or another. Understanding **Money Archetypes** and how you move with money is the key to creating a new reality where you need not be afraid of being taken advantage of again. The more you can learn to activate and utilize your internal Warrior, Creator/Artist and Magician, the more you can be empowered and confident, no matter what others say or do.

If you are interested in becoming more self-empowered in moving with your financial decisions, start right now, where you can make the biggest difference in your life – with YOU!

To learn more about Money Types, I highly recommend the book, Money Magic by Deborah Price, founder of the Money Coaching Institute.

To get individual support around shifting which Money Types are at center stage in your life, you can sign up for Money Coaching at: estateplanning@blended-families.com

And, for more information about how these money types play out in conversations as a couple when it comes to financial and estate planning, check out the new book: Estate Planning for the Blended Family by authors Emily Bouchard and Paul Hood

Seize the moment and shift the current economic breakdown into your own personal breakthrough!

Emily Bouchard is the founder and director of Blended-Families.com, LLC. She is also the Managing Partner of <http://www.wealthlegacygroup.net>, specializing in the emotional impact of wealth on people's lives. As a trained Money Coach, Emily works with people to overcome their self-sabotaging beliefs and behaviors related to money, and she brings them to a place of empowerment and enjoyment of their life and the money that flows to them.

Dancing with Disconnection

By Emily Bouchard, MSSW
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NOTE: This article first appeared in StepMom Magazine's February 2012 issue

In relationships, we have ebbs and flows. These often coincide with feeling close versus feeling disconnected. The closeness we feel with our partner arises from feeling that we are similar, that we are the same, that we are in sync, while the disconnection we experience happens when we hit up against differences of opinion, differentiated points of view and feeling we are in the right.

In stepfamily situations, differences often arise when it comes to our disparate approaches to parenting yours, mine and ours. When there's a strong sense of a right way of parenting that is in conflict with how our partner approaches the same child, there's likely to be discord between the two of us that can get played out in various ways. Those of us who step into the role of stepmother tend to have a leaning toward the victim/martyr approach, where we are likely to suffer quietly and bite our often-bloody tongues, and then, later, show up as cold, distant, withdrawn and withholding love and affection toward our partner later without necessarily telling him why. Or if we do, we've usually waited until the differences have become intolerable and our more tyrant approach will show up, either by blowing up or being righteously indignant. Then, guess what, ladies? Our men become the victim/martyr, feeling misunderstood and frustrated, and we'll either experience a pouty, brooding, withdrawn response or a shouting match will ensue, with him getting louder and prouder and we end up in a battle of wills around who is more right (with neither of us wanting to admit we may be wrong).

What gets missed when we fall into these patterns of relating is having an effective, productive conversation during which we get to discover more about each other and what it is that matters most to both of us. What follows are some simple ways we can access other options and break that old pattern of relating when we notice that's the direction in which we are heading.

Some strategies you may find helpful include:

1. Initiate from Love: When feeling frustrated, hurt or otherwise disconnected, check in and ask yourself, "What would love do?" and see what arises. Oftentimes the best thing you can do in these instances is touch in to what you may need to learn to love more about yourself somehow. See if there's a place within your own heart that's not feeling particularly loving toward yourself, your stepchild or your husband and have a dialogue with that part of yourself. Really.

How do you have a loving dialogue with your heart? First, breathe into your heart and see if you can bring your awareness to the center of your chest. Keep breathing until you begin to relax and allow some of your protection to let down to see if you can touch into the part of you that's feeling hurt and defended. Perhaps there's a memory you have of how you were parented when you were that child's age. Maybe there's something you wanted from your parents that you didn't get. See what gems are waiting there to be discovered by you.

Then, see how you can bring love to that part of yourself. Open your heart even more and see what you want right now that you can give to yourself. There may be an opening to give more of your heart to your partner and your stepchildren.

2. Seek Alignment: In instances where you find that the two of you cannot agree (which can often be the case in stepfamily situations where parenting styles can be quite different) then going for alignment is a great option. We often go sideways as we focus on the specifics of an issue right at hand. Alignment is more easily accessed by touching into the bigger picture and letting go of being right about what should have happened.

When your partner says or does something with one of your stepchildren that you cannot understand and are upset about, you can shift your mood and your relating by getting curious about what he was hoping to accomplish. What is it he saw that could happen as a result of interacting that way? What did he want to have happen? By learning about what motivated him, you will learn possible core values that the two of you have in common (perhaps around safety, or risk taking, or standards of personal care/hygiene, etc.).

Once you hear his motivation, see if you can speak into what you're in alignment with so the two of you have an ensuing conversation as allies instead of adversaries. This is when you get to share how you want the same thing and how you care about the same thing—even if it's only part of what he cares about. The key is to find something the two of you can be aligned with and not keep interacting as if you are diametrically opposed to each other.

3. Creating Shared Standards: Even if you wholeheartedly disagree on every level about how a particular situation should have been handled, you can still use it as a way to begin to develop shared standards for the whole family moving forward.

One standard may be slowing things down and waiting to give a response to your kids until the two of you have had a chance to confer with each other. Phrases like “no problem” or “hold on a minute,” “let's see” or “hmmm, let me check with my partner” are all a great way to slow things down, honor your partnership and show up as aligned when interacting with *all* of your children. The bonus here is that your kids will benefit from understanding they can no longer successfully play you two off each other. This is one feature of stepfamilies that wrecks havoc

in partnerships. The kids think they win, but they actually lose as they tear the bonds of the two of you apart.

4. Respect: This simple act of honoring and acknowledging the validity of another's perspective does more for relationships than just about anything else I know of. In stepfamilies this is a great tool to use—respecting oneself, respecting one's partner and respecting all the children for all the ways that we are different, we are unique, and we are challenged with navigating all the complexities in our lives together. If your children witness you two being respectful of each other when differences arise, they will discover that they, too, can disagree with someone while still showing them respect in the process of figuring out how to move forward together.

Action Step: If the scenario at the beginning rings familiar for you, see if one of the four options could be a new place from which to begin. Then, make a choice to try it out the next time you become aware that the old victim/martyr call is pulling you down.

If you'd like to know more about these different archetypal patterns of relating, you may want to purchase, [Estate Planning for the Blended Family](#), by Paul Hood and Emily Bouchard. These types are described in the communication chapter and are applied throughout the book as issues related to money, death and estate planning are explored in detail. You can order your copy at www.blended-families.com/estateplanning.

Back to School Budget and Blessings

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NOTE: This article first appeared in StepMom Magazine's September 2011 edition

School supplies, new school clothes, and doctor check ups are all part of the season fondly referred to as “back to school”. These are all great opportunities to bring money into the mix. In stepfamily situations, you often have more to contend with than just the overall budget for the necessities of school and kids, such as what is covered by child support and which parent is responsible for which aspects of the latest updates to wardrobes and school-related materials. And, as many of us are well aware, what’s stipulated in the custody agreement does not necessarily play out in the day to day decisions in real life.

When couples come to me seeking support around some of the more challenging aspects of this time of year, I often start with a REALITY CHECK. One of the things that can derail our enjoyment and fulfillment in our stepfamily situations is when we are attached to things being different than they are. The “Victim/Martyr” money types get activated when what’s right and agreed to does not happen. We all know these aspects of ourselves – think of when you feel righteously indignant about someone or something and you know that they should be acting differently than they are. While you may be absolutely correct in your assessment of the situation, it is also wise to note that you are robbing yourself of your own happiness when you become fixated on what they should be doing that they are not.

Many people balk at this idea, as it seems to indicate that they are approving of behaviors that are inappropriate, and perhaps even unethical. I’m not recommending approval at all – I’m recommending acknowledging the REALITY about the situation and then be aware and gather the data and look at what your options really are. Here’s the little known tip that makes a huge difference for stepmoms I work with – when you become aware and engaged with your reality, you become much more empowered and able to move effectively, and get this, with JOY, in the midst of what life (or the former wife) throws at you and your spouse.

Once I get into reality with the couple, we then begin to sort out their many options – exploring all sorts of possibilities without qualifying any of them – simply generating them. Things like: “We could pay for all the clothes and they can pay for all the school supplies.” Or “We could set a budget amount that both households spend and look at who wants to buy what.” Or “We’ll buy all the supplies and clothes this year and they get them next year.” Or “Both households

by clothes and supplies that the children use at each house, within a certain budget.”

Which solutions rise to the top as real possibilities depends on the level of co-parenting and communication and follow through from all parties concerned. One thing I caution couples against is wanting to apply a standard that they KNOW won't be met, given past experiences. There are already so many challenges in step parenting, I caution couples to be wise in which battles to take on and which to minimize for the sake of their overall sense of peace. Creating a situation where there's a high likelihood for disappointment is something I like to avoid.

Once you come up with whatever strategy seems like it will have the greatest chance for success, communicate to the children what all their parents have agreed to, so that they are on board too. I encourage parents to share the budget amounts and the reality with the children, and if they want things that are over the budget, encourage them to come up with creative ways to generate income to supplement what their parents are providing for them. This engages their sense of industry and worth, and you may find yourself surprised by what they come up with. Giving them a grounded sense of what it costs to take care of their necessities is valuable to them in the long run as they begin to desire more things and more independence.

Resources:

To learn more about Accepting Reality, check out the book: [Loving What Is](#) by Byron Katie, or simply go to YouTube and put in “Byron Katie” and watch videos of her doing her process called The Work.

Conclusion

We hope you have found this info packet useful and practical as you deepen your awareness of Money Types and how they show up in your life. Most of all, our hope is that this further empowers you to go forward with taking action and successfully completing your financial and estate planning goals.

We offer personalized, private and confidential coaching and consultation, as well as groups and programs to support you in easily and enjoyably tackling your goals for your blended family where money, assets, and legacy are concerned.

We welcome your feedback, as well as your questions and requests for further information or assistance.

Best Regards,
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