

What is Fiscal Trauma

Fiscal trauma is the emotional and spiritual consequences of not having adequate financial resources to live your life in your preferred manner with the assurance that you can meet your financial obligations. It can occur at all income levels. When fiscal trauma is explored in clinical settings, individuals often report feelings of anxiety and panic, depression, despair, hopelessness, fear, anger, rage, a sense of worthlessness and low self-esteem. These feelings can often persist after economic stabilization has been achieved. Healing conversations should explore what impact the perception and/or experience of economic lack has on an individual's sense of self, their relationships with family and friends, their views about economic and career possibilities and their relationship with their community.

Healing conversations must include a discussion of external factors (social, economic, political, geographical) that impact the individual's access to necessary resources.

How do you define Prosperity?

What are some ways that you separate yourself from Prosperity?

What are some ways that you perceive others as separating you from Prosperity?

How do you imagine that your life will be different if you achieved your definition of Prosperity?

Prosperity

noun, plural **prosperities**.

a successful, flourishing, or thriving condition, especially in financial respects; good fortune.

Healing Fiscal Trauma

Name

Analyze

Strategize

Act

Nurturing Resiliency: Strategies for Change and Healing

- Create safe and validating spaces to talk about how you have been affected by financial downturns or life long experiences of insufficient financial resources
- Acknowledge and address your own financial trauma. Speak honestly about how you have been affected by your relationship with money.
- Look for opportunities to collaborate with others (buying in bulk, home exchanges, gig economy, selling items that you do not need)
- Invite your family into the conversation about how to have more joy without purchasing more stuff?
- Use the economic squeeze as an opportunity to re-evaluate what you need, why you need it and are you still enjoying it in your life?
- Do not allow embarrassment or shame to keep you silent or immobilized!

Heart's Desires

(What do I really need to feel delighted and fulfilled as a person?)

1. What do I desire (experience, item, relationship, etc.)?
2. How would it make me feel to have my Heart's Desire?
3. How would having my Heart's Desire support my spiritual growth?
4. How would having my Heart's Desire support my core relationships?