

# Somatics to Heal Money Blocks Worksheet

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If you're a people pleaser, I've totally been there. Helping with a volunteer project because a friend asked or spending a long time at home visiting because my family wanted me to.

Sometimes after the holidays, I'd go back to being more drained than before because I hadn't done anything I wanted to do and only what my family and friends asked of me...

If this is you, you might be:

- Spending money on a dinner somewhere you don't really like because a friend asked you to
- Feeling scared to charge for your art or service and/or undercharging and discounting
- Wanting to hide and not see anyone, because if you go out you're scared they'll ask you for something (and you won't say no)

The people pleasing money block is real. If you have it you might:

- Work really hard but not be saving as much as you want to
- Feel anxious about your finances
- Or struggle to make ends meet

And this impacts your body because to people please all the time, you have to suppress your natural impulses! You might be angry but you're wanting to please the other person so you hold your breath and set your jaw to not let the anger out and to continue pleasing them.

**If this is you, it doesn't mean there's anything wrong with you. It doesn't mean that you're bad or stupid or evil. It comes from childhood experiences and figuring out how to cope.**

People pleasing is actually a survival strategy when you're a kid because you don't have the resources to move out or change schools if you're having a negative experience. As a child, it's a GOOD THING that helps you to get through hard times.

Maybe you:

- Had to be nice all the time and weren't allowed to have boundaries with family members that you didn't like

- Had to be the pseudo-therapist for your parents or caregivers in order to receive love and care
- Had to get good grades in order to receive your parents or caregivers attention or approval

This money block can affect anyone but is particularly strong with women who were taught not to be “a bitch,” which is really just a woman with boundaries, or “selfish” which is a woman who puts her needs first and doesn’t do a ton of unpaid labour.

The good news is that there are simple steps you can take to begin to heal this money block.

The first and most important step is awareness. The more you become aware of this block and see how it’s playing out in your life, the more you can begin to heal.

And the second step is working with your body and noticing: how do I actually feel? Does this helping this person feel good to me? Or does it feel FAMILIAR but draining?

Start to listen to your body's natural impulses to heal this money block.

# Trauma Informed Somatics

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When most kids are 2, their favorite word is NO. Most two year olds say NO NO NO!

But when folks experience trauma - whether it's physical or psychological – they start to learn that saying no and setting boundaries doesn't work.

And following the trauma, they often stop saying no altogether.

This unfortunately can lead to even more boundary crossing.

In the context of somatic work, getting consent is extremely important.

Because one way to heal trauma, even if the client hasn't specifically disclosed to you, is to reintroduce NO back into their vocabulary and to learn that it's respected by healthy forms of authority, in this case you.

So if a client says no or they're resistant, I recommend asking if they're open to working with the resistance or working with the no.

And if the answer to that is no, respect. Move onto to your other tools to work with your client.

You'll learn how to work with resistance and numbness later in the manual.

## **Additional resources:**

Podcast episodes:

Ep 32 – Healthy Boundaries\* -

<https://podcasts.apple.com/us/podcast/ep-32-healthy-boundaries/id1440791565?i=1000480350158>

Ep 10: How to Say No to You Family Members\* -

<https://podcasts.apple.com/us/podcast/ep-10-how-to-say-no-to-your-family/id1440791565?i=1000447929351>

\*Also available on [Spotify](#) and [other platforms](#).

# Somatic Tool to Heal Money Blocks

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## Somatic Exercise

Have your client talk for a few minutes about whatever their relationship with money and how it impacts them.

### Then ask your client:

- 1) Where do you feel the most tension, pain or numbness in your body, in this moment?
- 2) **Breathe into it** and place your hand there.
- 3) Does your body like to have your hand there or not?
- 4) Leave the hand or take it away depending on what the client's body likes.
- 5) What does it feel like?

#### Examples

- Tight
- Nauseous
- Heavy
- Dense
- Like armour
- Like a mesh
- Buzzing
- Like cotton balls

**6) Keep breathing into it.** We're not trying to change it. We just want to be curious about this feeling.

7) What happens when you put your attention on this energy? Does it shift? Does it stay the same?

**8) Embody this energy as it is now.** If you were to allow this energy to control your whole body what would happen? Would you collapse into a pile on the floor? Would you churn like seaweed in big waves? Would you run? Would you punch the air? Would your head hang?

9) What does it feel like when you embody it? Does the feeling change or stay the same?

10) Keep connecting to this energy exactly as it is in this moment. Does this energy have a message for you?

Intuitive messages might come now or later.

### **Additional resources:**

Podcast episodes:

Ep #17 – Do This to Be Happier (aka how to process emotions!)

<https://podcasts.apple.com/us/podcast/ep-17-do-this-to-feel-happier/id1440791565?i=1000458565473>

\*Also available on [Spotify](#) and [other platforms](#).

If you wanna dive deeper into healing  
your money blocks...



[Book a free consult!](#)

You'll heal childhood experiences that have led to money blocks and be able to attract and receive more money easily.

*I've had clients:*

– successfully raise her rates and launch her first group program

– stand up to her boss and then got promoted to the executive team as a VP with a big raise

– heal her relationship with money and actually enjoy the richness of her life

– and another client got a new job that paid \$20,000 more than she even hoped for

To work with me one on one:

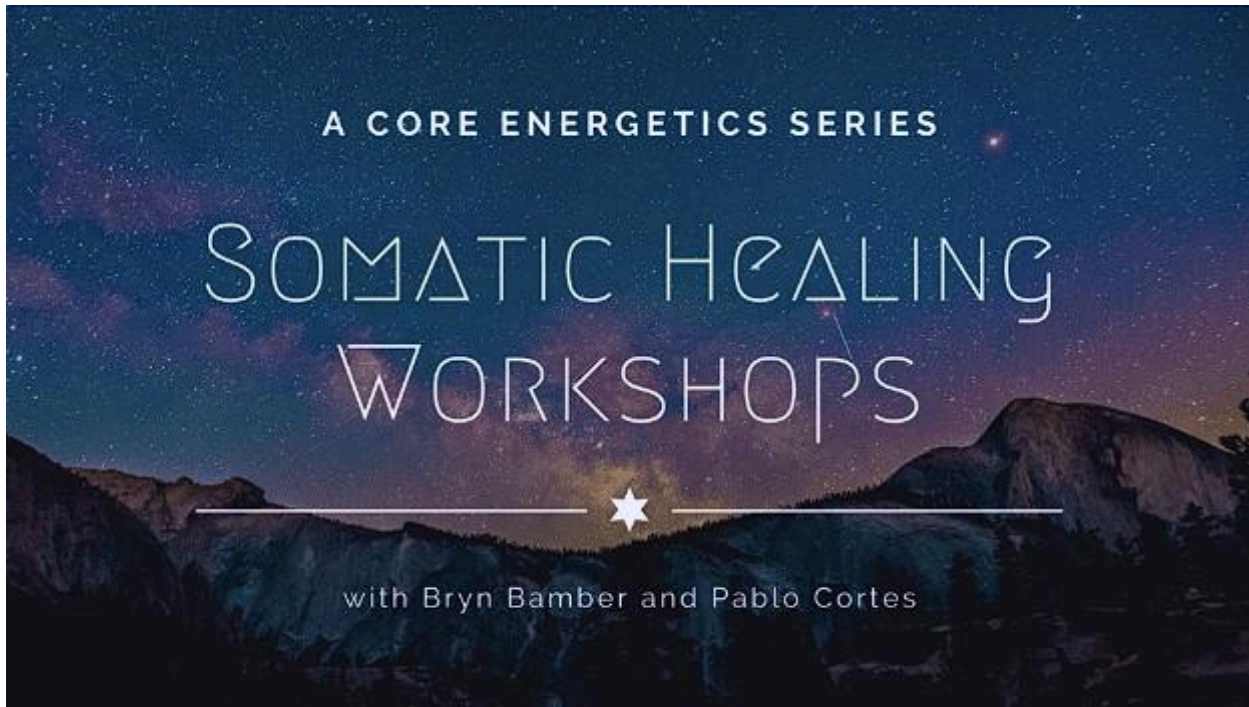
Check out my scholarship spots:

[https://docs.google.com/forms/d/e/1FAIpQLSfuP48D3SjpeCGTiOupzKLLem-nrQwCqjr\\_9krY5D](https://docs.google.com/forms/d/e/1FAIpQLSfuP48D3SjpeCGTiOupzKLLem-nrQwCqjr_9krY5D)

Or book a free consult:

<https://app.acuityscheduling.com/schedule/c8236e14/appointment/6866365/calendar/2191377?appointmentTypeIds%5B%5D=6866365>

# Toronto Workshops



This workshop series will help you process trauma somatically, set better boundaries, have more gratitude, groundedness, presence and learn how to ask and receive. A

All of these skills will help you overcome money blocks and earn more and build wealth.

Take one workshop or take them all.

[Learn more!](#)

# About Bryn



Bryn lived for years as a sensitive perfectionist with anxiety coursing through my veins and through Core Energetics she began to find the root cause of why she's so anxious and take steps to drastically reduce her suffering.

She works with artists, healers and entrepreneurs to help them overcome imposter syndrome and make more money with their gifts through healing childhood habits, patterns and trauma.

Her story about the path to healing has been featured on Tiny Buddha, Introvert Dear and the CourageMakers and Rare Birds podcasts.

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