

## CHAPTER FOUR

### Sex, Money and Power

Sex, money and power are big issues with many adults. Often times at least two of the three issues contribute to the type of personality and the type of behavior that the person displays. Until these issues are explored and resolved, they continue to play an enormous role in the continuation of negative beliefs and values. In addition, they play havoc in the life of the adult.

Sometimes, adults who were taught as children that there is not enough (money, food, time, etc.) find that the attitude remains active long into adulthood. As the attitude develops over time, it becomes a belief, and eventually a way of life. When not enough is practiced long enough in one specific area, money, for example, it begins to spill over into other areas of life. The person then begins to develop a life style of not enough and a poverty consciousness results. The person is now prone to view life from a poverty perspective, and all areas of life are affected. The person begins to suffer mentally, emotionally, spiritually, physically, socially and economically. A feeling of emotional bankruptcy permeates the life in general, and is often accompanied by feelings of emptiness, hopelessness and lack of self-worth.

Of course, these are feelings that suppress normal growth, maturation and success. They are often overlooked as roadblocks, as they have become a normal way of life. Gone unchecked, however, they will prevent you from attaining your life's ambitions. Sometimes a person will believe so strongly in the improbable that the possible is nothing but a dream and never pursued.

**Please answer the questions below. The information will help you understand the failures you may be experiencing in your current life.**

#### **DIRECTIONS:**

After reading the question, write down what comes to your mind immediately. Do this with all of the questions. After completing the entire exercise, re-read the questions and your answers and "think" about them. Additional memories will probably emerge. Write them down also.

Do you think that there was enough money for the things you needed while growing up; if not, were you resentful; if there was, did you take it for granted; did you feel that your brothers and sisters got more than you did?

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What kinds of feelings do you have about money now; have you changed your thoughts or beliefs about money; is money a problem for you; spend too much; too frugal; afraid that you won't have enough; do you make money easily; don't keep jobs long; don't care; can't seem to get stable; afraid of money?

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If you have children, do they carry the same attitude of not enough that you do; have you been able to change your attitude; how has it affected your life?

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Did you steal as a child; did you steal money; things; for fun; for thrills; for food and clothes; did you get caught; what happened; how did it change your life?

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Were you ever promoted to a higher grade or fail a grade in school; why; did you have trouble relating emotionally to the other kids; how did you behave; how did you feel; did you feel uncomfortable because you were superior/inferior to other students?

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How were you as a friend; undependable, breaking off relationships when something or someone better came along; dependable, could be counted on despite the consequences; overly dependable, would be supportive even though it might be harmful to you?

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Did you manipulate others for your benefit; use one person to get at/to another; use you power to hurt another; take advantage of family or friends?

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Describe a situation that was a positive experience for you in adolescence; did it influence your life in any way; who was involved; what was the most special thing about the situation?

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Describe a situation that was a negative experience for you in adolescence; did it influence your life in any way; who was involved; what was the most difficult thing about the situation?

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What kind of friends did you have in adolescence; were they a good influence; help others; attend church; get good grades; or were they a bad influence; did you get into trouble; arrested; use drugs or alcohol. What kind of a friend were you; were you a leader; a follower; helpful; mean; could you be counted on?

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What kinds of interests did you have in school; were you active in sports; what sports; how did you become interested; did you play in the band; what instrument; any other activities; are you still interested in the same things; were any of these past experiences helpful to you in your adult life?

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How would you describe your social life; were you the life of the party; popular; reclusive; steady girl/boy friend; feel left out; involved in everything; study only; have to work; care for siblings?

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Did you participate in church activities; did you enjoy it; made to participate; dislike participation; what were your reasons for participation/non-participation?

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