

Money Block Archetypes

Your money story started long before your first bank account. Somewhere between childhood and now, your nervous system picked up beliefs about what money means, who gets to have it, and what it costs to want more, and that story has been quietly running in the background of every financial decision you've made since.

The six archetypes that follow aren't labels or diagnoses. They're patterns: common, learned, and changeable. As you read through them, notice which one feels most familiar in your body, not just your mind. That recognition is the first step. The affirmations under each archetype are there to help you begin gently shifting the patterns.

1. The Scarcity Story

"There's never enough"

The nervous system braces for shortage even when there's enough right now. Shows up as hoarding, anxiety at every bill, or an inability to feel secure regardless of the balance.

Affirmations:

- "There is enough, and more is on its way."
- "I can relax around money without losing it."
- "Money moves freely to me and through me."

2. The Worthiness Wound

"That's not for someone like me"

A quiet belief that wealth is for other people. Opportunities stay just out of reach because receiving feels unsafe, not because of capability.

Affirmations:

- "I am allowed to receive without earning it twice over."
- "My worth isn't measured by my bank balance - and my bank balance can still grow."
- "I deserve good things simply because I exist."

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3. The Safety Alarm

"It's not safe to want more"

Success gets linked to old danger - visibility, conflict, or loss of connection. Progress triggers self-sabotage or sudden retreat.

Affirmations:

- "I can be seen and succeed, and still be safe."
- "Growth doesn't have to cost me my relationships."
- "It is safe for me to be visible and successful."

4. The Self-Trust Gap

"I'm just not good with this"

Past chaos or mistakes taught avoidance instead of confidence. Shows up as not checking the account, outsourcing every decision, or freezing at choices.

Affirmations:

- "I am capable of learning to manage money well."
- "One mistake doesn't undo my ability to choose again."
- "I trust myself more with every financial decision I make."

5. The Identity Conflict

"Wanting more makes me a bad person"

Wealth gets equated with greed, selfishness, or losing yourself. Success is unconsciously kept at arm's length to protect values or relationships.

Affirmations:

- "I can be generous and wealthy at the same time."
- "More money lets me help more, not care less."
- "Having more doesn't change who I fundamentally am."

6. The Hustle Groove

"I have to struggle for every dollar"

Ease feels suspicious; if it isn't hard, it isn't real. Drives real results but with a low ceiling on "enough" and a high cost in burnout.

Affirmations:

- "Money can come to me with ease."
- "Rest doesn't undo my progress."
- "Ease is a valid way for good things to arrive."