

# AI-00569 Spending Money Hesitation

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Topic is about spending money hesitation, never enough and "I don't deserve to enjoy my money? Where the mindset came from? .

1. What is the psychology term for spending money hesitation and the never enough attitude and the "I don't deserve to enjoy my money"?
2. What is the psychodynamic of spending money hesitation?
3. What are the cognitive process of spending money hesitation?
4. What are the mental processes of spending money hesitation?
5. List 10 examples of the sources of my money aversion and financial anxiety?
6. List 20 guidelines on how to spend my money like a normal person.

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## 1. **Psychology Term for Spending Money Hesitation:**

The psychological term for spending money hesitation and the never enough attitude, as well as the "I don't deserve to enjoy my money" mindset, can be encompassed under the umbrella of **Money Avoidance**. This includes various psychological phenomena related to discomfort or anxiety about spending money.

## 2. **Psychodynamic of Spending Money Hesitation:**

The psychodynamic perspective suggests that spending money hesitation may be rooted in deep-seated emotional conflicts or unresolved issues. It could be associated with feelings of guilt, fear, or a need for control. Understanding one's personal history and experiences can shed light on the reasons behind the hesitation.

## 3. **Cognitive Processes of Spending Money Hesitation:**

- **Cognitive Distortions:** Negative thought patterns that contribute to irrational beliefs

about money.

- **Fear of Scarcity:** A belief that resources are limited, leading to a reluctance to spend.
- **Perfectionism:** The idea that one must make perfect financial decisions, causing anxiety about potential mistakes.
- **Comparative Thinking:** Constantly comparing oneself to others and feeling inadequate in financial matters.

#### 4. Mental Processes of Spending Money Hesitation:

- **Anxiety and Stress:** Overthinking and worrying about the consequences of spending.
- **Rumination:** Dwelling on past financial decisions and their perceived impact.
- **Self-Doubt:** Lack of confidence in one's ability to make sound financial choices.
- **Avoidance:** Actively avoiding situations that involve spending money.

#### 5. Sources of Money Aversion and Financial Anxiety:

- **Upbringing and Childhood Experiences**
- **Cultural and Social Influences**
- **Negative Financial Events (e.g., debt, bankruptcy)**
- **Media Influence and Consumer Culture**
- **Personal Financial Failures**
- **Lack of Financial Education**
- **Comparison with Others**
- **Traumatic Life Events**
- **Fear of Losing Control**
- **Low Self-Esteem and Self-Worth**

#### 6. Guidelines on How to Spend Money Like a Normal Person:

1. **Budgeting:** Create a realistic budget to track income and expenses.
2. **Identify Needs vs. Wants:** Distinguish essential expenses from non-essential ones.
3. **Set Financial Goals:** Define short-term and long-term financial objectives.
4. **Develop a Healthy Relationship with Money:** Understand that money is a tool for achieving goals and enjoying life.
5. **Practice Self-Compassion:** Allow yourself to enjoy the fruits of your labor without guilt.
6. **Educate Yourself:** Increase financial literacy to make informed decisions.
7. **Seek Professional Advice:** Consult financial advisors for personalized guidance.
8. **Challenge Negative Thoughts:** Address cognitive distortions related to money.

9. **Gradual Exposure:** Ease into spending by gradually increasing comfort levels.
10. **Celebrate Financial Milestones:** Acknowledge and reward yourself for achieving financial goals.
11. **Live in the Present:** Balance financial planning with enjoying the present moment.
12. **Avoid Impulse Purchases:** Think before making non-essential purchases.
13. **Prioritize Experiences over Things:** Invest in experiences that bring lasting joy.
14. **Emergency Fund:** Build a financial safety net for unexpected expenses.
15. **Practice Gratitude:** Focus on what you have rather than what you lack.
16. **Don't Compare Yourself to Others:** Everyone's financial journey is unique.
17. **Invest in Personal Growth:** Allocate funds for education and self-improvement.
18. **Learn from Mistakes:** View financial setbacks as opportunities for learning.
19. **Build a Support System:** Surround yourself with positive influences.
20. **Monitor and Adjust:** Regularly review and adjust your financial plan as circumstances change.

From Bard

## Psychology Terms

The psychology terms associated with spending money hesitation, a "never enough" attitude, and the belief that one doesn't deserve to enjoy money can be categorized into two main areas:

### 1. Fear of Financial Loss:

- **Scarcity Mentality:** A deeply ingrained belief that resources are limited and one must constantly strive to acquire more.
- **Avoidance Coping Mechanism:** A tendency to avoid situations that trigger anxiety or fear, such as spending money.
- **Anticipatory Regret:** The fear of making a decision that will lead to regret in the future.

### 2. Self-Worth Issues:

- **Low Self-Esteem:** A lack of belief in one's own value and worthiness.

- **Guilt and Shame:** Feelings of guilt associated with spending money, often stemming from a belief that it is selfish or wasteful.
- **Imposter Syndrome:** A belief that one's accomplishments are due to luck or external factors rather than one's own abilities.

## Psychodynamics

The psychodynamics of spending money hesitation are rooted in unconscious conflicts and beliefs that shape an individual's relationship with money. These underlying factors can stem from childhood experiences, parental attitudes, and societal messages.

- **Fear of Abandonment:** An underlying fear that spending money will lead to financial instability and abandonment.
- **Control Issues:** A need to control every aspect of finances, often stemming from a sense of insecurity or lack of control in other areas of life.
- **Perfectionism:** A tendency to set unrealistic expectations for oneself and others, leading to feelings of inadequacy and a reluctance to spend money on enjoyment.

## Cognitive Processes

The cognitive processes involved in spending money hesitation include:

- **Negative Automatic Thoughts:** Unconscious and often distorted thoughts that arise when faced with spending decisions.
- **Cost-Benefit Analysis:** A tendency to overanalyze the costs and benefits of spending, often leading to paralysis.
- **All-or-Nothing Thinking:** Viewing spending as either all good or all bad, with no middle ground.

## Mental Processes

The mental processes involved in spending money hesitation can be summarized as:

- **Hypervigilance:** A heightened state of awareness and sensitivity to potential financial threats.
- **Emotional Arousal:** Experiencing negative emotions such as anxiety, guilt, or shame when considering spending money.
- **Rumination:** Dwelling on past spending decisions and worrying about future ones.

## Sources of Money Aversion and Financial Anxiety

1. **Upbringing and Parental Attitudes:** Experiencing financial hardship or witnessing parental financial struggles during childhood can instill a fear of scarcity and a reluctance to spend.
2. **Cultural Messages:** Societal norms that emphasize frugality and saving over spending can contribute to a sense of guilt or shame associated with enjoying money.
3. **Personal Financial History:** Negative experiences such as debt, bankruptcy, or financial scams can lead to a heightened fear of making further mistakes with money.
4. **Perfectionism and Self-Worth Issues:** Individuals with perfectionistic tendencies or low self-esteem may feel unworthy of enjoying money or believe that spending is frivolous.
5. **Fear of Failure and Judgment:** The fear of making a poor spending decision or being judged for one's spending habits can lead to hesitation and anxiety.
6. **Unrealistic Financial Goals:** Setting unrealistic financial goals or constantly comparing oneself to others can create a sense of inadequacy and perpetual scarcity.
7. **Lack of Financial Literacy:** A lack of understanding of personal finance principles can make individuals feel overwhelmed and hesitant to make informed spending decisions.
8. **Underlying Mental Health Conditions:** Anxiety disorders, depression, and obsessive-compulsive disorder can exacerbate money-related worries and hesitation.
9. **Trauma or Abuse:** Experiencing financial abuse or trauma related to money can lead to deep-seated aversion and anxiety towards spending.
10. **Materialistic Values:** An emphasis on material possessions and the belief that happiness is solely tied to wealth can create a constant feeling of lack and dissatisfaction.

## Guidelines for Spending Money Like a Normal Person

1. **Challenge Negative Thoughts:** Identify and challenge negative automatic thoughts that arise when considering spending money.
2. **Set Realistic Expectations:** Establish realistic financial goals and expectations based on your actual income and expenses.
3. **Create a Spending Plan:** Create a budget that allocates funds for necessary expenses, savings, and discretionary spending.
4. **Practice Mindfulness:** Be mindful of your emotional state when making spending decisions, avoiding impulse purchases driven by anxiety or stress.
5. **Seek Professional Help:** Consider seeking professional financial counseling or therapy if your money aversion and anxiety are significantly impacting your life.
6. **Focus on Experiences over Possessions:** Prioritize spending on experiences that create lasting memories and personal growth over material possessions.
7. **Challenge Societal Expectations:** Challenge societal norms that discourage spending on enjoyment and embrace a balanced approach to