

Life and Learning Assignment 3

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Learning two psychology: psychology of money & psychology of parents when we leave them

Introduction:

Life is a constant journey of learning, not just from books and lectures, but also from experiences, emotions and the relationships we build along the way. Two powerful aspects that shape our decisions and identities are money and our relationship with our parents. While they may seem unrelated on the surface, both are deeply connected to our psychology and emotional well-being. In this assignment, I explore the psychology of money - how it influences our behaviours, self worth and future plans and the psychology of parents when we leave them, focusing on the emotional and psychological impacts our independence can have on them. This reflection is not only personal but aims to understand broader human behaviours through these lenses.

Psychology of Money:

Money is not just a tool for transactions, it holds emotional, social and psychological value. From an early age, our beliefs about money are shaped by family, culture and personal experiences. Some see money as a symbol of freedom, while others view it with fear or even guilt.

For instance, individuals who grew up in financial instability may develop anxiety about spending, even when they are financially secure later. Others might equate money with success and self-worth, leading to a never-ending chase for wealth. In reality, psychology tells us that our relationship with money often mirrors our inner fears and insecurities.

Psychologist Morgan Housel, in the *Psychology of Money*, argues that wealth is more about behaviour than knowledge. He emphasizes the importance of saving, patience and emotional control over technical financial skills. This was eye-opening for me realizing that how I think about money can impact not just my savings account but also my happiness and peace of mind.

personal reflection of Money:

As a student, money often like both a limitations and a motivator. I notice how I budget my spending strictly, sometimes missing out on experiences ~~like~~ out of fear of running out of funds. Yet at the same time, I dream of financial freedom, imagining how life would feel if I didn't have to worry about money at all.

This duality reflects the emotional rollercoaster many of us face with money. I have also observed how different people treat money. Some are generous, while others are cautious or even secretive. This difference is even less about their income and more about their mindset.

One of the most powerful realizations I have had is that money amplifies who we are. If we are kind, we use money to help. If we are insecure, we use it to show off. It's not about how much we have, but how we think and feel about it.

Psychology of Parents when we Leave Them:

Leaving our parents is a major milestone in life. Whether it's for education, work or personal growth, it marks a significant shift not just for us, but for them too. Often, we focus on our own excitement or fear of independence, but rarely do we stop to consider what our parents go through.

Psychologically, parents often experience a mix of pride, anxiety and sadness when their children leave. For years, they build their identity around ~~us~~ caring for us. When we leave, especially if we are the only child or the youngest, it can feel like a sudden emotional void.

This feeling, sometimes referred to as empty nest syndrome, can lead to loneliness, loss of purpose and even depression in some parents. While many won't show it openly, they may worry about our safety, choices and whether we will still stay emotionally connected to them.