



# AUTHENTICITY

## IN A CULTURE OF MASKS

### Financial Narrative Egg Instructions

Start by drawing a large oval or “egg” on the large piece of paper provided to you, similar to the example on the next page.

Next, fill the egg with boxes that are large enough for you to draw a small picture in. You will be filling the egg with memories about your financial life story, drawing a simple picture to represent each memory. For example, if I was going to discuss the time when my uncle gave me a \$100 bill at age 10, and five minutes later took it back and said, “Sorry, I gave you the wrong one” as he handed me a \$1 bill, I might draw a \$100 bill in one of the spaces. One wound that could show up from this moment is the belief that I am unworthy of good things, and the beginning of a fear that God will take away good things.

Through this lens, we see that an early money wound can have a direct impact on one’s theology, and even more so when these financial narratives have not been explored. Working from the bottom to the top, start with your earliest memories of finances.

Some examples might include not having money for groceries, growing up in poverty, family bankruptcy, losing a home, etc. You will work through your life youngest to oldest, bottom to top, with more recent life experiences in the top spaces, and your memories from childhood in the lower spaces.

As you fill in each cell of your egg, be sure to number the cell and write down a brief description on a separate sheet of paper.

Outside of the egg, you will write “money rules” in the upper left-hand corner, and briefly describe all of the rules you currently live by (good, bad, or ugly). In the upper right-hand corner, you will write “money wounds” and identify the primary ways you have been negatively impacted by your financial story. Try to identify 4-5 for each.

# Example

## Money Rules

- 1. Don't ask for anything, it stresses mom and dad out.
- 2. Money matters should be kept private and never discussed.
- 3. Poverty equals holiness.

## Money Wounds

- 1. I felt a lot of shame as a child about my family's financial issues.
- 2. I feel like I am not worthy of good things because they always get taken away.

