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IT'S ALL ABOUT THE MONEY

- ASSESSMENT
- CONSEQUENCES
- TREATMENT
- PREVENTION

ARLENE C MILLER, LCSW
 10820 SUNSET OFFICE DRIVE, SUITE 204
 SAINT LOUIS, MISSOURI 63127
 314-580-2390 AMILLERLCSW@GMAIL.COM

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MONEY

- "As soon as we become aware of money, we develop beliefs about it – beliefs we cling to, sometimes for the rest of our lives, often at the cost of our souls."
- "Money in hand represents a store of purpose. It is a payment for what we have earned with our energy and sense of purpose. But in our disconnected world, money changes into compensation for what we have lost."
- "Money is the critical link between the interior and the exterior. If we have a poor relationship with money, it is likely we also have a poor relationship with our inner beings."
- George Kinder, Seven Stages of Money Maturity, Understanding the Spirit and Value of Money in Your Life

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PATHOLOGY of MONEY

- Gambling
- Shopping
- Hoarding
- Embezzling
- Bankruptcy

"Every money message we hold on to contains a fatal flaw; it imprisons us in an incomplete world. If you are sabotaging yourself around money anywhere in your life, you can bet there's a message, story or belief system behind it."

George Kinder, Seven Stages of Money Maturity,
Understanding the Spirit and Value of Money in Your Life

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CONSEQUENCES

HOW MUCH CREDIT CARD DEBT
DO YOU HAVE?

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CONSEQUENCES

- SNL SKIT YOU TUBE
- ROCK BOTTOM KING SPRING 2024

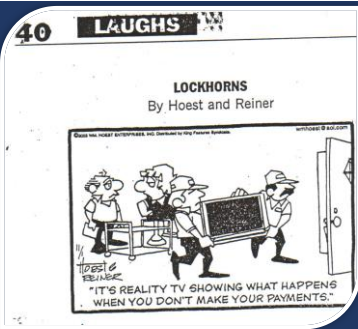
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Money: A Drug of Choice

- "For compulsive gamblers, the 'drug of choice' isn't a toxic substance, it's money. Without money to gamble, these people go into withdrawal. Without money, there is no action and without action there is no euphoria or escape. That's why compulsive gamblers will do almost anything to keep the cash and credit flow going."
- "No other addiction poses the kind of financial risk as that of a gambling addiction. Drug addicts and alcoholics would most likely pass out, overdose or die if they utilized the same sums of money to feed their addiction in the same period of time as a compulsive gambler."
- "Since having money to place bets is what keep the action in progress, anything or anyone that gets in the way is in danger of being compromised."

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Discover Bill

- "NOTE: ONLINE GAMBLING TRANSACTIONS (FOR EXAMPLE, TRANSACTIONS ON SPORTS BETTING WEBSITES) ARE TREATED AS CASH ADVANCES AS STATED IN YOUR CARDMEMBER AGREEMENT, AND YOUR STANDARD CASH ADVANCE ANNUAL PERCENTAGE RATE AND FEE APPLY."

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TREATMENT

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MONEY

- IT'S ALL ABOUT THE MONEY....IT'S NOTHING ABOUT THE MONEY
- MONEY AND BELIEFS
- PURPOSE OF MONEY
- DEVELOPING A HEALTHY RELATIONSHIP TO MONEY
- STAGES OF MONEY MATURITY

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Building a Healthy Relationship to Money

- THE DREAM WORLD OF THE GAMBLER (Chris Anderson)
- REALITY
 - FANTASY
 - HOPE AND VISION
 - TRADING SYSTEM AND TRADING PAPER



"TODAY I HAVE WHAT I NEED AND IT'S ENOUGH"

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HONESTY

• Honesty is the central factor in intimacy. Even the smallest lie can be hopelessly disorienting. As I've said to so many patients, if I gave you detailed instructions on how to get from Atlanta to New York City and threw in just one left turn that was a lie, you'd end up in Oklahoma.

• What's Your Quit Date?

Frank Pittman, M.D. *Private Lies: Infidelity and the Betrayal of Intimacy, 1989*

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RESOURCES FOR TREATMENT

- GA PRESSURE RELIEF
- DEBTORS ANONYMOUS
- DAVE RAMSEY
- LIVING WITHIN YOUR MEANS WORKSHEET
- OUT OF STATE GA AND GAMANON

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LIVING WITHIN YOUR MEANS



ACTUAL TAKE HOME PAY:
 ACTUAL EXPENSES:
 ACTUAL TAKE HOME PAY MINUS ACTUAL EXPENSES:

MORTGAGE OR RENT:
 CAR#1:
 CAR #2:
 CREDIT CARD DEBT MINIMUM PAYMENT/MONTH:
 CREDIT CARD TOTAL DEBT:
 CAR INSURANCE:
 HEALTH INSURANCE:
 CABLE, STREAMING, APPS:
 PHONES:

UTILITIES:
 GASOLINE:
 FOOD:
 RESTAURANT EXPENSES:
 CHILD CARE:
 CLOTHING:
 ENTERTAINMENT AND VACATIONS:
 LIFE INSURANCE:
 MEDICAL CO-PAYS:
 CIGARETTES AND MARIJUANA:
 CAR REPAIRS:
 CHARITABLE GIFTS:

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TREATMENT STRATEGIES

- HOW DID YOU DECIDE?
- MESSAGES WE GOT AS CHILDREN
- HABITS OF SUCCESSFUL PEOPLE
- IT'S NOT FAIR (ANTHONY WOLF)
- WHAT DID YOU EAT TODAY?

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NINE PRINCIPLES OF SUCCESS DR. RICK MCGUIRE

- OBEDIENCE
- HAVE A CAUSE/MISSION
- HAVE FAITH/TRUST
- MAKE THE MOST OF WHAT YOU HAVE
- NEVER LISTEN TO NAYSAYERS
- BE SELECTIVE
- TAKE ACTION
- FINISH THE JOB
- NEVER BE DEFEATED BY DEFEAT

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PREVENTION

"YOU CANNOT MAKE ADVANCES IN THE BATTLE AGAINST ANY DISEASE BY TREATING ONLY THE CASUALTIES."

- Keith Whyte, Executive Director of The National Council on Problem Gambling

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OVERINDULGENCE

TOO MUCH
OVER NURTURING
SOFT STRUCTURE

Parental Overindulgence Assessment Tool
Recovering from Overindulgence: The Four Stoppers

Source: How Much is Enough? By Clarke, Dawson and Bredehoft, 2004

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7 HAZARDS OF OVERINDULGENCE

- Trouble taking personal responsibility
- Trouble developing a sense of personal identity
- Trouble knowing what is enough
- Trouble knowing what is normal for other people
- Trouble learning how to delay gratification
- Trouble giving up status as the constant center of attention
- Trouble becoming competent in everyday skills, self-care skills, and skills for relating with others

Source: How Much is Enough? By Clarke, Dawson and Bredehoft, 2004

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Developing Money Habits with Children

- START EARLY
- DO NOT TIE ALLOWANCE TO CHORES
- RESPONSIBILITY GOES ALONG WITH BEING A FAMILY MEMBER (Estess & Barocas)
- CHORES AND MAINTENANCE (Cheryl Donely)
- TEACH SUCCESSFUL SPENDING AND SAVING
- CONSIDER THE 30/30/30/10 RULE
- ADDRESS THE ISSUE OF PURPOSE AND MEANING
- DEVELOP RITUALS AND LEARN TO MANAGE GIFTS



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OUTSIDE FORCES THAT AFFECT CONFIDENT PARENTING

- Advertising Media
- Television Programming
- Other Parents Who Are Permissive
- Other Parents Who Are Competing Over Their Children's Activities and Achievements
- Coaches, Youth Ministers and other Providers of Children's Activities

• Source: TAKE BACK YOUR KIDS by William J. Doherty, 2000.



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10 Commandments of Financial Happiness Jean Chatzsky, You Don't Have to be Rich

- Thou shalt get pretty well organized
- Thou shalt start working toward your goals
- Thou shalt communicate
- Thou shalt save at least 5% of household income
- Thou shalt protect your family (and yourself)
- Thou shalt minimize credit card debt
- Thou shalt pay bills as they come in rather than all at once
- Thou shalt do unto others
- Thou shalt spend sensibly
- Thou shalt try not to be consumed with a desire for more



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MONEY MANAGEMENT PRINCIPLES

- Provides skills that foster independence
- Provides a sense of responsibility
- Promotes a particular value system
 - HONESTY
 - LIVING IN THE PRESENT
 - PATIENCE
 - CHARITY
 - VALUE OF EFFORT
 - COMMITMENT



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