

Wealth Attitude Assessment

Today's date _____

Give each statement a personal value as follows:

1: Never (I Disagree) **2: Rarely** **3: Sometimes** **4: Usually** **5: Always** (I Agree)

- _____ 1. When I think about my wealth I feel guilty.
- _____ 2. It's hard to have a sense of my own identity because I feel like I'm living in someone else's shadow.
- _____ 3. I feel alienated or isolated from the relationships I would like to have.
- _____ 4. I have not yet taken charge of my life and of my wealth.
- _____ 5. The abundance of choices I have in my life feels like too many choices.
- _____ 6. It would be hard for me to think of something I did this past week in which I really feel a sense of accomplishment.
- _____ 7. I am not happy with my spending practices and habits.
- _____ 8. I don't enjoy doing many of the things I feel I should do.
- _____ 9. I know that just about anyone would say I have plenty of wealth, but I have trouble achieving a healthy perspective on this.
- _____ 10. I am never satisfied with the amount of my wealth.
- _____ 11. I know that others envy me, but they can't possibly imagine how troubling, exhausting, overwhelming, and frightening my life feels at times.
- _____ 12. Charity is a social or moral obligation to me, something I have not figured out how to enjoy.
- _____ 13. Without my inherited wealth, I would be scared and would feel I had lost an important part of my identity.
- _____ 14. I am afraid to ask for help for fear of embarrassing my family.
- _____ 15. I long to have something of value besides my wealth.
- _____ 16. I wish I could live a normal life with a normal job and a normal amount of money so I would not have to deal with my wealth.

_____ **Total Score**