

Printable Somatic Healing Cards

**Signs of
Financial
Trauma**

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**You get really
triggered by
prices that seem
too large**

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**You are scared to
look at your bank
account**

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**You consistently
find yourself not
making enough
money**

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**You overspend
and then get
really upset
about it**

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**You feel
nervous/ anxious
energy when you
spend money,
think or talk
about money**

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**You feel shut
down or numb
when you spend
money, think or
talk about money**

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**You hoard
money, food, etc.**

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**You are obsessed
with money –
You think about it
a lot and the
amount you have
determines how
you feel**

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**You are a
workaholic
because you
are always afraid
you won't
have enough**

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