

Dimension	Scarcity Sarah	Sufficiency Susan	Abundance Abby
Core Orientation	“There isn’t enough. I’m not safe.”	“There is enough for the next step.”	“There is more available, and I can create it.”
Nervous System	Dysregulated (sympathetic panic or dorsal shutdown)	Increasing regulation; can return to center	Regulated baseline with wide capacity for expansion
Relationship to Activation	Overwhelmed or collapses	Notices, grounds, stays present	Moves through activation quickly and fluidly
Identity	“I struggle with money” / “I don’t have”	“I can handle what’s here and respond”	“I am a woman who creates, holds, and circulates wealth”
Decision-Making	Avoidant, reactive, or urgent	Grounded, “next step” decisions	Strategic, proactive, long-range decisions
Business Behavior	Inconsistent, disappears, overworks in panic	Shows up consistently (even imperfectly)	Leads, initiates, and creates from vision
Relationship to Work	Effort = safety, overworking or avoidance	Works from capacity, focused action	Leverages energy, works strategically and expansively
Engagement with Money	Avoids or obsesses	Consistent, neutral check-ins	Confident, empowered engagement
Earning	Undercharges, hesitates, avoids asking	Begins to honor value and experiment	Expects and receives aligned compensation

Receiving	Contracts, feels guilt or discomfort	Practices staying present while receiving	Receives fully without contraction or overcompensation
Holding Money	Spends quickly or hoards from fear	Builds stability gradually	Holds and manages larger amounts with ease
Spending	Impulsive or overly restrictive	Pauses, chooses based on awareness	Spends intentionally (growth + enjoyment)
Saving / Investing	Avoids or clings tightly	Builds simple supportive systems	Expands into long-term wealth strategy
Relationship to Parts	Fused with parts (they run the system)	Aware of parts, beginning to lead them	Naturally self-led; parts are integrated
Response to Setbacks	Collapse, panic, or avoidance	Learns, adjusts, stays engaged	Adapts quickly; sees setbacks as part of creation
Visibility	Hides, fears judgment	Shows up while feeling activation	Fully expressed, leads with clarity
Relationship to Growth	Avoids or fears growth	Tolerates growth	Chooses and initiates expansion
Time Orientation	Short-term survival	Present + next step	Long-term creation + expansion
Emotional Experience	Fear, urgency, helplessness	Grounded, responsive, stabilizing	Spacious, trusting, generative

Spiritual Orientation (your lens)	Feels unsupported, disconnected	Holds both fear and support simultaneously	Lives in partnership with support/Source
Self-Trust	Low, dependent on circumstances	Growing through action and awareness	Stable, embodied trust in self
Core Capacity	Survival	Stability	Creation
Signature Statement	"I'm not safe with money"	"I can stay with myself and take the next step"	"I create, receive, and expand wealth with steadiness"