



**Psychological Recovery Program
UKRAINIAN CIRCLE**

June - August 2023



**PROGRAM OF PSYCHOLOGICAL RECOVERY
"UKRAINIAN CIRCLE"**

Ukrainian psychological center «THE SOUL»

**Module 7 - Money and Wellness
(July 31 - August 6)**

We are very grateful for the support of our partners



THE PROGRAM OF PSYCHOLOGICAL RECOVERY "UKRAINIAN CIRCLE"

It consists of 9 modules:

Module 1 - Soul and Feelings (June 19-25)

Module 2 - Body (June 26 - July 2)

Module 3 - Strength and Confidence (July 3-9)

Module 4 - Love and Relationships (July 10-16)

Module 5 - Freedom and Responsibility (July 17-23)

Module 6 - Home (July 24-30)

Module 7 - Money and Wellness (July 31 - August 6)

Module 8 - Unity and Integrity (August 7-13)

Module 9 - Future (August 14-19)



Українське коло Модуль 7 Гроші та благополуччя



Дякуємо нашим партнерам
за підтримку проекту:



WEEK 7

Module 7 - Money and Wellness (July 31 - August 6)

Number of registered participants is 221

Participants in the Telegram messenger - 221

The leader of Module 7 is Mariya Vynnytska

The purpose of the module:

- To determine the scenarios and feelings that block the financial flow in the participants' lives.
- To calculate the budget and realize your "financial capacity" for this period of life.
- To realize and emphasize the resources of the participants, their strengths, talents and skills.
- To determine the amount for the desired income, strengthen the intention, find out the way how to act and take real steps towards it.

Materials of the module:

1. The first acquaintance with the participants
2. Theoretical video + text version «Money and realization» - 24 min
3. Written practice - "My budget or financial capacity"
4. Questions and exercises concerning feelings about money
5. The opinion poll in Telegram to understand the dynamics of participants' income during the war and their emotions about it
6. Written practice - "My parents' narratives about money"
7. "The map of your dreams" - practice
8. Practice - IKIGAI theory
9. Meeting with a psychologist in Zoom and responses to the questions (Mariya Vynnytska) - 1 hour 56 minutes.



Program of Module 7 - Money and Wellness

(July 31 - August 6)

The purpose of Module 7 is to help participants increase their income, improve their relationship with money and realize their talents. All practices and materials will be focused on this.

How do we organize this week?

Monday:

Morning:

We will get to know each other better and realize what we are good at, what we do well, what brings us joy and income.

Evening:

- **Video + pdf about the MONEY issue**
- **Practice: Your budget:** (you will make your current budget and the NEW desired budget (which means a new standard of living))

Tuesday:

Money and feelings: which feelings block the money? We will understand how it is for you? These insights will provide important clues about where there might be financial trauma, and blocks, and what can be done about it.

Wednesday:

- **What are your money scenarios?** What did you inherit? A little practice on family messages about money.
- **Opinion poll and chatting in the messenger**

Thursday:

- **What do you want? What are your financial dreams, goals and desires? A map of your desires and a new level of income, a new level of your financial capacity.**
- **Your questions and comments, how does it feel to create your wish list and new income figure**



Friday:

A day of plans for a gift for yourself for passing the Money Module. What will you do for yourself for a fruitful work? It's about self-love, about establishing a positive experience with money. It can be flowers or something small that will bring you joy. These are the inner needs of your creative part, your inner child, who should dream and want to grow further, and feel that you hear and see this child.

Questions

- **IKIGAI concept: This is when your senses and talents find a good place to be realized in the world**

Saturday:

11:00 a.m. – 12:30 p.m. / 1:00 p.m. Zoom meeting:

- **Responses to the questions**
- **How to implement the desired changes in life? (there is a model that you can use later)**
- **Final psychological practice - movement from point A / You + your current income to point B / You + your new desired income**

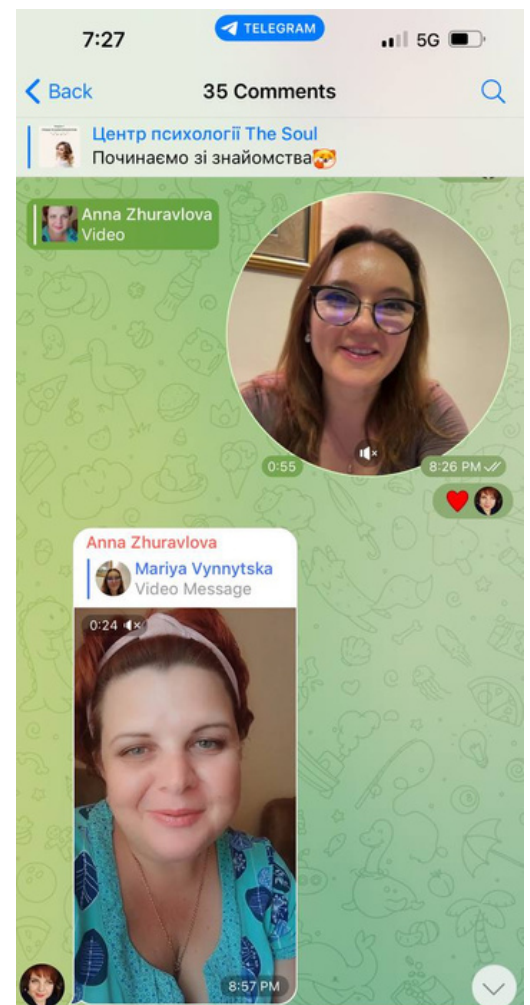
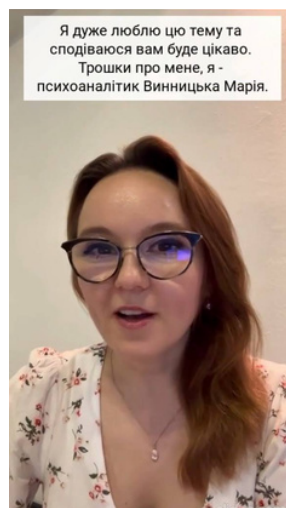
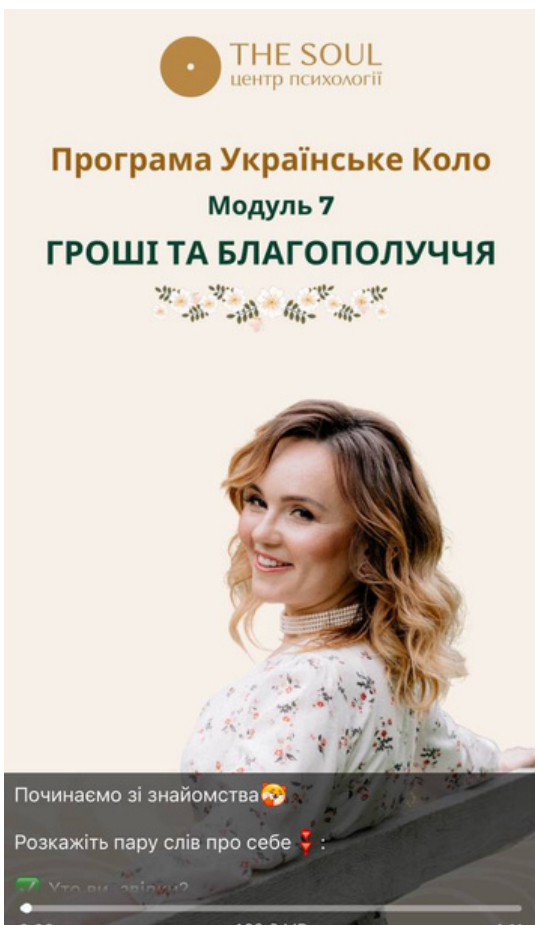
We end this week:

A gift to yourself or flowers as a symbol of your intention to move towards to your desires and do your best to meet your better future!



1. The first acquaintance with the participants / Let's get to know each other better and what are our gifts

It was important for the participants to get to know each other, to talk about themselves, in order to strengthen their self-confidence and feel a stronger connection in the group. It was necessary for everyone to feel that the program could be useful for them not only psychologically, but also practically. Participants actively talked about themselves, their profession, skills, what they like to do, and what they are paid for. Some participants even responded in video format, it was very encouraging.



Materials of the module:

2. Theoretical video+text version “Money and realization”



- The topic of money is very important to us, because money affects all areas of life. And also, give opportunities to realize yourself.

- Money is a typical cause of stress. This topic is very emotional and “strongly charged”.
- In our society, it was not even accepted to talk about money for many years. Serious individual, family and collective trauma has been packed into this topic.
- Ukrainians have a lot of pain and losses, and protective mechanisms are working that stand in the way of financial health.



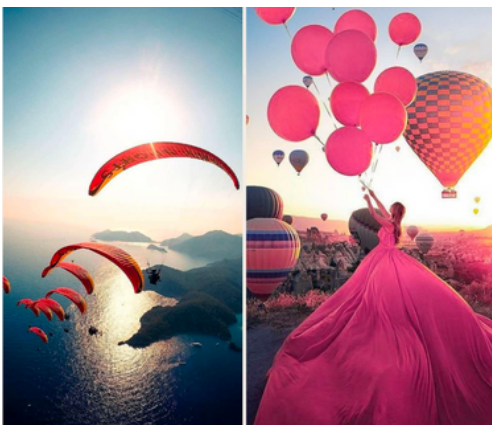
- **Where is the way out? How to create your new financial history, new money blueprint for life?** If we create a healthy relationship with money, we will have a prosperous country. You will be able to manage your life better and be happier and more fulfilled. This will be the new monetary DNA. And it will have an effect on your environment and on your life as a whole.



- It is important to set an intention for this module.
- An intention is a goal that will attract your thoughts, actions and events, signs and dreams, for a good future - for you and your family.



- Try to see what you are good at, see your successes, your talents, your value, see all the money you have now and all the things you can buy with it.
- Money is a powerful object for projections and a trigger for our feelings; an indicator of our self-esteem, social realization and competences; the space to which our beliefs and attitudes are attached.
- We will do practices that will help you see your money situation now and change it for the better.
- **What might be the obstacles on your way to well-being?** Fear of money or opposition to money, you may be uncomfortable this week and have a lot of bad feelings. It is because you want to CHANGE THE SYSTEM, create a new way of interacting with money.



- Set an intention for one week to improve the area of money in your life and work towards it step by step during our module.
- Allow yourself the idea that you can do anything and that you will be able to achieve all your financial dreams and goals.
- And other people can even help you with your goals and dreams!

Practices:

3. Written practice - "My budget or financial capacity" (Maria Vynnytska)

A very useful practice: participants will calculate their actual budget, which will become the basis, the starting point for moving forward and increasing income.

Фінансова ємність або скільки грошей я "вміщаю" на сьогодні?



Щоб почати свій шлях до мети, фінансового достатку, потрібно зрозуміти що ми маємо на зараз. Саме цим ми і будемо займатися.

Що таке фінансова ємність?
Та сума, яку ви здатні отримувати, заробляти та утримувати на зараз - це і є ваш рівень або розмір фінансової ємності. Його завжди можна порохувати й виразити цифрою.

- Скільки я заробляю і маю на даний момент часу?
- Скільки коштує моя робоча година / день / тиждень або місяць
- Наскільки я можу накопичувати, заощаджувати і примножувати?
- З якою швидкістю я можу "робити гроші" та про які суми йдеться?
- Чи є борги, кредити тощо?



Щоб відповісти на всі ці питання, давайте зробимо наступну практичну вправу: Вам знадобиться: блокнот, ручка, калькулятор або файл в Екселі. Дайте собі достатньо часу.



4. Questions to the participants and exercises concerning feelings for money:



It is very important for the participants to understand that their feelings and money are very connected and mutually influence each other. It is important to answer the questions honestly in order to understand exactly which feelings are blocking the financial sphere in their lives.

5. Opinion poll of the participants in Telegram in order to understand the level of their income and their attitude to it

Survey 1: My financial situation (income level) since the beginning of the war

The three biggest percentages:

45% - Much worse, I lost a lot

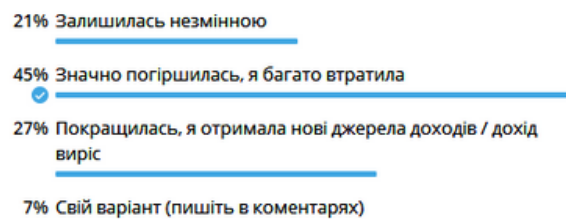
27% - Improved, income increased

21% - Remained unchanged

Центр психології The Soul

Моя фінансова ситуація (рівень доходів) з початку війни

Анонимний опрос



Survey 2: When my income level drops, I:

The three biggest percentages:

51% - I do not know what to do and feel despair

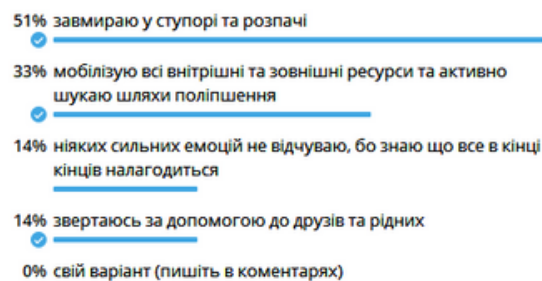
33% - I mobilize all resources and actively look for ways to improve the situation

14% - I do not experience any strong emotions, because I know that everything will be fine and I turn to relatives and friends for help

Центр психології The Soul

Коли в мене падає рівень доходів я:

Анонимний опрос



Survey 3: When I have little money, I feel:

The three biggest percentages:

70% - Fear for the future

40% - Feel myself as a loser and incapable of anything

36% - Feel shame and guilt

Центр психології The Soul

Коли в мене мало грошей я відчуваю:

Анонимний опрос

36% сором, що я не можу собі дозволити що хочу

70% страх за майбутнє

40% себе невдахою та ні на що не здатною

36% провину, що не можу забезпечити себе та близьких

13% гнів, що мені недоплачують і не допомагають

30% сум та печаль, опускаються руки

20% "спортивну злість" та починаю діяти

0% свій варіант (пишіть в коментарях)

Survey 4: When I look at people who earn more and have a better standard of living, I feel:

The three biggest percentages:

68% - Curiosity, I want to get know something from their life

53% - Admiration, because I think they are cool

34% - It's a shame that I can't do that

Центр психології The Soul

Коли я дивлюсь на людей, що заробляють більше та мають якісний рівень життя, я відчуваю:

Анонимний опрос

28% заздрість до них

9% гнів, що вони "нічого не роблять" і все мають

34% сором, що в мене так не виходить

25% сум, що я не здатна і ніколи так не зможу

53% захоплення, бо вважаю їх крутими

68% цікавість, хочу в них чомусь повчитись

3% свій варіант (пишіть в коментарях)

6. Written practice - "My parents' attitudes towards money" (Maria Vynnytska)



When writing out parents' beliefs, the participants might analyze them, because some of them are already hopelessly outdated. So, you have to leave them behind to move on to a better life more easily.

7. "The Map of your Dreams" practice (Maria Vynnytska)

We will create the map of the dreams. You can glue the image on a large sheet of paper, visualize it in special programs on the computer, depict the symbols of what you want or simply write a list.

It is very desirable to have certain numbers. **The main thing is to focus on your desires and immerse yourself in your feelings.**

THE SOUL
psychology center

Як скласти карту мрій та бажань?



Існує безліч технік втілення бажань. Але найефективнішою є та, яка візуалізує і словесно фіксує мрії в різних сферах життя. І коли потім ви починаєте робити кроки до них (навіть найменші) тримаючи в фокусі свій намір.

Чим більш реально ви пропишіть свої бажання, мрії та цілі - тим більше можливостей з'явиться для їх здійснення. Ціль - це вектор, який запускає рух підсвідомого.

Візуалізація і назва словами того, що ми хочемо настільки сильно впливає на наш мозок, що він знімає бар'єри для досягнення успіху. Він буквально штовхає нас до потрібних дій і починає бачити нові можливості.



Знати, що ти хочеш - перший крок, щоб це отримати і реалізувати.

Складаючи карту бажань, потрібно вірити в їх виконання, і на деякий час дозволити собі хотіти "всё, що завгодно". План до дій - то вже наступний крок. І поки що можна цим не перейматись. Тож про що ви мрієте?

8. Practice - IKIGAI theory

This theory was developed by the Japanese in order to help people understand themselves, their abilities and values, and find the optimal points of intersection for their business and field of activity to serve others.



9. Meeting with a psychologist in Zoom, responds to the questions and practices (Mariya Vynnytska) - 1 hour 56 minutes.

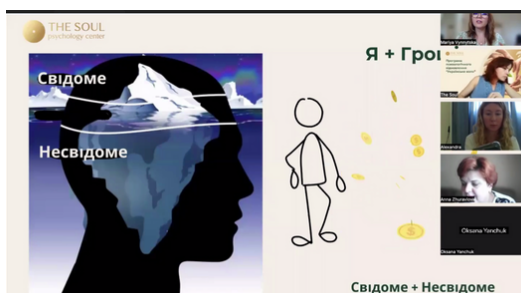
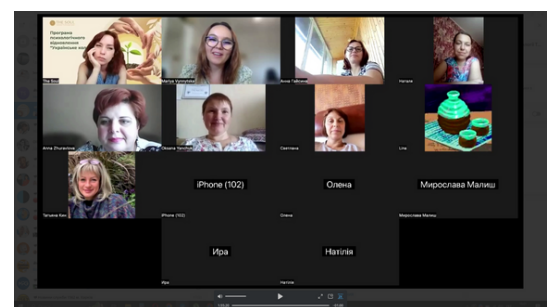
The meeting took place at 11:00 a.m. on Saturday, August 5, 2023 (Host - Maria Vinnytska)

It consisted of 3 parts:



1. Communication with the participants: what are their feelings about the issue of money now? What is the energy level? What is important?
2. Change and budget planning
3. Practice: "Modelling the future"

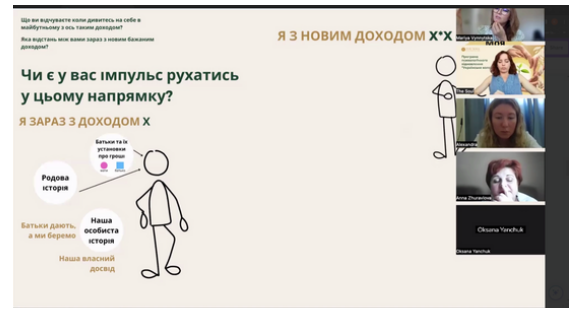
1. In the first part of the video, the participants shared their feelings and emotions, told how the week passed and how the topic of money reflected on their energy level.



What affects our relationship with money: conscious and unconscious, the main circles of influence (family, lineage, personal experience, the point of "here and now" and the circle of the future)



2. Next, the participants learned to achieve the goal - their desired income. For this, it was important to answer the following questions: What is your budget now and what is your desired income? What are your resources? Who will be happy for your success?

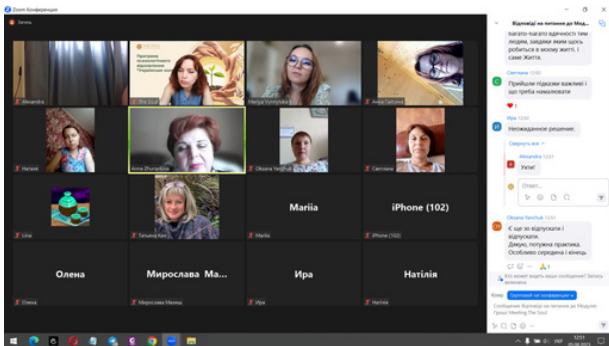


3. PRACTICE: modeling the future

- Getting rid of the traumatic experience of parents and family
- Movement towards the goal and a look into the future

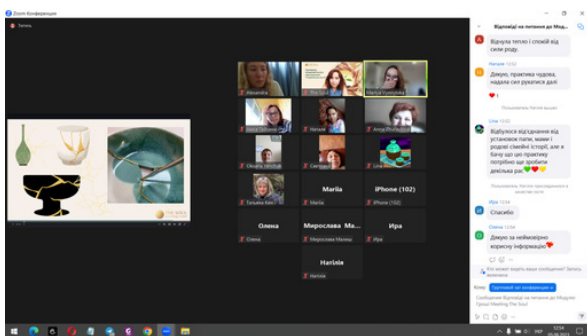
Participants wrote their impressions and results in the chat:

:



"There has been a disconnection from the attitudes of dad/mom and ancestral family history, but I see that this practice needs to be done several more times"

"Thank you for the incredibly useful information"



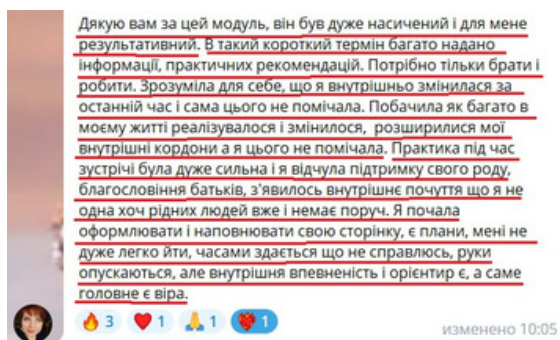
"Important thoughts have come."

"I have much more to let go. Thank you, powerful practice, especially the middle part and the end."



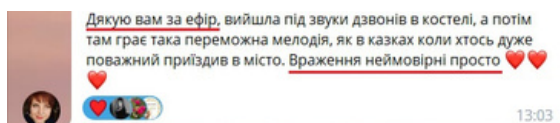
Feedback from the participants of the "Ukrainian Circle" project:

- The therapeutic effect that the participants feel during the practices is highlighted in red. These parts of the text are translated on the right;
- The untranslated part of the text is a reflection, thoughts, a written notes of one's experiences, which also has a therapeutic effect. It is confidential information;
- The participants develop a greater depth of thought, the ability to realize their own experiences over the course of the program. People understand how to "unpack" the traumatic experience. At the same time, they start to feel of a resourceful life-giving condition.



Thank you for this module, it was very interesting and effective for me. A lot of information and practical recommendations were given in such a short period of time. You just need to understand and do. I have understood for myself that I had changed seriously in recent times and had not noticed it. I saw how much was realized and changed in my life, my internal boundaries expanded and I did not notice it.

The practice during the meeting was very cool, and I felt the support of my family, the blessing of my parents, and an inner feeling that I am not alone, even though my family members are no longer around. I started to design and fill in my page. There are plans. It is not very easy for me to go, sometimes it seems that I cannot cope with all changings, but there is inner confidence and a certain point, and the most important thing is faith.



Thank you for your work. The impressions are simply incredible.

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Всю цінність модулю про гроші збагну пізніше, коли в підсвідомості на місці відмінених родових, сімейних програм пропишуться нові, актуальні для мене теперішньої, вільні від минулого травмуючого досвіду. Сьогодні ми запустили величезний процес усвідомлення і звільнення від старих програм, установок, досвіду - крок до прийняття нової себе. Мені, мабуть, треба ще і ще виписувати програми і не лише мамі й тата, а глибше в рід, дякувати і роз'єднуватися з ними. Кропітка робота. Часом тримаєшся за них, як за якусь ниточку, бо відійшли давно діди-прадіди, вже нема батька, матері. Іноді так важко опиратися лише на самого себе. І ти керуєшся їхніми програмами, бо вони ж таки прожили життя і дали собі раду і тобі дали.

Дякую за сьогоднішню фінальну практику, оте виписування чужих програм з власного життя робить в тілі більше місця для власного життя, для життя власних програм, котрі були приглушені "чужим голосом".

изменено 22:52

I will understand the full value of the module about money later, when the subconscious will write new ones. I need to understand relevant moments now, free from past traumatic experiences, in the place of past family programs. Today we launched a huge process of awareness and liberation from old programs, attitudes, experiences - a step towards accepting a new "self". Thank you for today's final practice. Writing out other people's programs from your own life makes more place in the body for your own life, for the life of your own programs that were silenced by "another voice".

Я вам безмежно вдячна за натхнення, підтримку і допомогу. Зараз активно вивчаю як вести свою сторінку, технічно не все мені ще зрозуміло як то все упакувати, але ідеї і думки не опиняються. 😊 Маса нових слів, знань, в голові моїй формуються нові нейронні зв'язки, маю надію що то профілактика від багатьох захворювань 😊😊😊

Якщо я можу бути вам чимось корисна можете на мене розраховувати ❤️ Ваш проект спонукав мене до руху і дій, з кожним модулем отримую заряд енергії щоб рухатися далі. Ваша робота просто неймовірна, важлива і потрібна, я від щирого серця дякую вам ❤️❤️❤️

изменено 6:31

I am so grateful to you for your inspiration, support and help. Now I am actively studying how to create my page, technically I still don't understand how to package everything, but ideas and thoughts do not appear. Your project motivated me to move on and take action, with each module I get a charge of energy to continue. Your work is simply incredible, important and needed. I thank you so much.

Дякую за чудовий марафон, особливо за тему грошей і такі цінні поради і матеріал! 🇺🇦🇵🇸

Дуже хотіла потрапити на завтрашній ефір, але в той час з'явилася інша подія, яку на жаль не можу пропустити... А чи можна зробити запис? Розумію, що не те саме, що вживу, але хоч щось. Буде б дуже цінно 🙏

изменено 14:37

Thank you for a great marathon, especially on the topic of money and such valuable advice.

Дякую, Маріє, за детальну відповідь і практичні поради. ❤️🌟 Усе відкликається! і те, яка мета кредиту і про відсотки і про подарунок в кінці.

Дійсно, коли особливо довго в цьому стані потрібно собі щось пообіцяти в результаті.

Спробую відчутти який варіант для мене кращий 😊

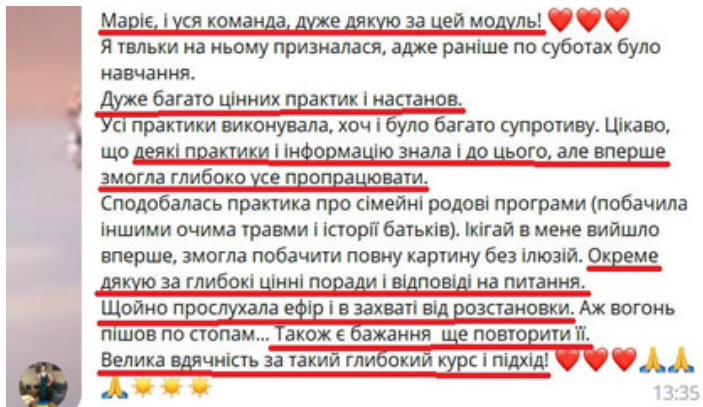
Дякую ❤️ Дуже цінно!!! 🙏

изменено 9:06

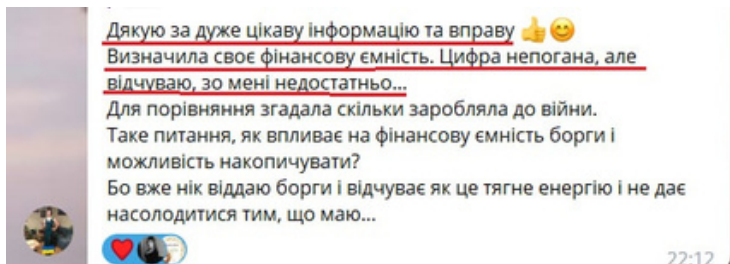
Thank you, Maria, for the detailed answer and practical advice. Everything is remembered. I will try to feel which option is better for me. Thank you! It is so valuable.

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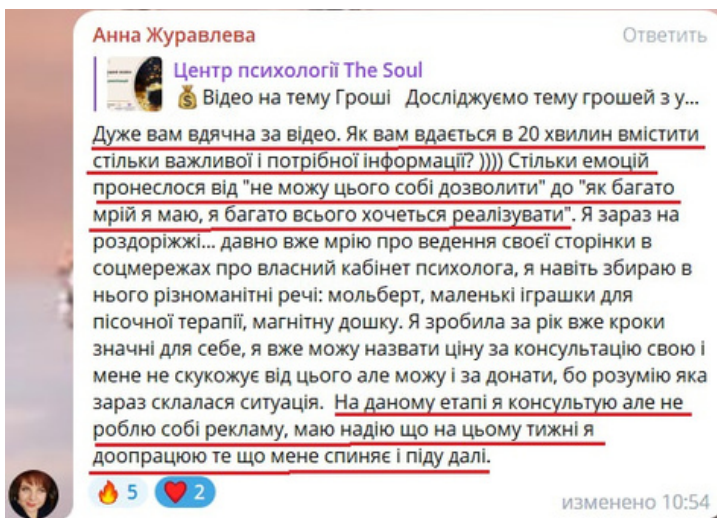




Marie, the whole team, thank you very much for this module! Lots of valuable practices and guidelines. I have known some practices and information before, but for the first time, I was able to work through everything in depth. Separately, thank you for the deep valuable advice and answers to the questions. Just have listened to the broadcast and was delighted with this work. I have a desire to repeat it. Many thanks for such an in-depth course and approach!



Thanks for the very interesting information and exercise. I have determined my financial capacity. The amount is not bad, but I feel that it is not enough for me.



Thank you very much for the video. How do you manage to put so much important and necessary information into 20 minutes? So many emotions I felt - from "I can't afford it" to "how many dreams I have, how much I want to realize"

At this stage, I consult but do not advertise myself, I hope that this week I will finish what is stopping me and will move on.

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