

Money Muscle

Having confidence in oneself requires having faith and being financially secure. When a person has money, they feel more confident and are able to make purchases without hesitation. This confidence is especially noticeable in women, who are often judged based on their perceived wealth. Keeping money with oneself helps to train one's "money muscles" and become more disciplined. Despite the fear of losing money, having it can ultimately lead to increased confidence and self-discipline.



There was an experiment conducted by American scientists where they took pictures of 500 people and asked them about their fears. The photos were then shown to real robbers and killers who were asked to choose their potential victims. The results showed that robbers chose people who were afraid of being robbed while killers chose people who were afraid of being killed. The experts suggest that it is important to overcome our fears because they can attract trouble and provoke criminals. The text also includes a personal anecdote about a woman who was given \$21,000 to carry with her, but despite her 25 years of experience as a cashier, she still felt fearful and tense when carrying the money. We can conclude that fear of losing money can prevent people from behaving confidently.

- Sources:
Davlatov S. (2009) “Me and money. The psychology of wealth”(232pages) ,
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Thank you for your attention!