

The Two Mirrors.

*Money and love are telling
the same story — and it isn't
the one you think.*

BALTRA

CLARITY RESTORES AGENCY

BEFORE YOU START

This isn't a list of tips. You've tried the tips.

And it isn't an article to skim — it's a mirror, so **do it, don't just read it**. Get a pen, give it ten quiet minutes, and answer honestly — especially the parts you'd rather move past quickly.

This guide won't tell you anything you don't, on some level, already sense. It just holds still long enough for you to see it — and by the last page you'll have named the one sentence running underneath all of it, in your own words. **That's where the work begins.**

Read it slowly. Answer honestly. Start with what you already know.

Money

Your relationship with money is rarely about money — it's the easiest place to see the pattern, because money keeps receipts. Write what's true, not what's flattering.

What do you charge — and what do you privately think you're worth?

What do you give away before you've kept anything for yourself?

What do you refuse to ask for, even when it's owed to you?

Where does spending quietly become soothing?

Watch what you do with money, and you'll see what you believe you deserve.

Love

The pattern doesn't disappear the moment you stop talking about money. It just changes costume.

Who do you choose — and what do you keep excusing in them?

Where do you make yourself smaller to keep the peace?

What do you tolerate that you'd never let someone you love tolerate?

Where do you abandon yourself — and call it being generous?

Same story. New costume.

NOW — NAME IT

The sentence underneath

Look back at both mirrors. Under every honest answer is one quiet belief — and it's the same one in both. It usually sounds like one of these:

"I'm only safe when I'm the one giving."

"I don't get to want more than this."

"If I ask for what I'm owed, I'll lose them."

"I'll be allowed to have it once I'm finally enough."

Yours is worded in your own voice — so write it in your own words. One plain line. The sentence sitting under both mirrors:

My sentence —

That sentence has been making your choices for you. Naming it is the first time you get a vote.

A WORD FROM ME

I've asked myself all of this.

I'm not asking you anything I haven't asked myself. You can be capable, self-aware — even doing the real, honest work — and still be repeating a pattern you can't quite see.

The day I stopped asking *why does this keep happening to me?* and started asking *what in me keeps saying yes?* — everything changed. That question became the work.

I'm trained in RTT hypnotherapy and coaching. The method is the mechanism; the way of seeing is the thing. That's what I bring to the work — and what I'd bring to yours.

— Cheri Baltra

WHERE THIS GOES

If something here
stung — good. That's
the part of you that
already knows.

Clarity Restores Agency.

You can close this and keep managing the pattern. Or we can go
find where it started — and change it there. When you're ready,
that's the conversation.

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