

## *Types of Poverty*

- **Absolute Poverty** — a life made up of malnutrition, illiteracy, and disease beyond human decency.
- **Material Poverty** — a life lacking food, clothing, and shelter. It also represents non-food items that are lacking due to a shortage of funds: glasses, special shoes, etc.
- **Emotional Poverty** — a life lacking meaningful interaction with others. A life lacking understanding, empathy, and feeling. Represents struggles with self-esteem or personal issues. Examples: a marriage lacking love, trust, sharing, and satisfaction; a friendship in crisis or at a crossroad; self-image during doubt, disappointment, or disgust.
- **Physical Poverty** — a life which has been torn by disease, self-abuse, abuse, addiction, or handicaps. Examples: spouse abuse, diabetes, alcoholism, or an amputation. It is

also a life characterized by a lack of touch, reassurance, and comfort.

- **Spiritual Poverty** — Doubting or questioning the presence of God in my life. Who is God for me? What do I want to become? Who am I? How is the world better off by my presence? What are my strengths, weaknesses, and goals? Examples: failure, loneliness, abandonment, vastness, and microscopic.
- **Vocational Poverty** — How can I contribute in a positive way to the world around me? I want to do more! I hate my job! Where am I heading? How important is money to me? Prestige? Success? How can I support my family financially and emotionally and still uphold my values?
- **Communication Poverty** — Shutting yourself off from the people who love you most, for a variety of reasons: anger, betrayal, etc. "People don't understand me! I don't understand me! People will not listen to me!" This type of poverty is verbal and can also be present in body language.

- **Familial Poverty** — Death of a loved one, physically, emotionally, or socially. Examples: arguments, separation, disagreements. It is present in not solving divisive issues or taking sides and splitting up the family.
- **Relationship Poverty** — Romance, friends, family—relationships that have ended in isolation or turmoil. It also represents a change in you in the sense that you become unable to relate to people in a healthy and nurturing way.
- **Educational Poverty** — Lacking the necessary knowledge to be "successful," understood, and respected for who you are in relationships. Mistakes are the result of educational poverty. Mistakes occur due at

times to a lack of knowledge. It also represents not learning from mistakes or refusing to change.

- **Projected Poverty** — Do I make other people feel inadequate, unworthy, or ashamed of who they are or where they have come from? Examples: put-downs, insults, ignorance and prejudice in action.
- **Subliminal Poverty** — Is my interpretation of my inadequacy that people have unconsciously acted out in word or action toward me. It involves how I think, whether right or wrong, the world views me.