

Breaking the Fall Review

Money talk, *real* money talk, gets rid of money stress. Making it part of your regular routine is the same as anything else—just do it and it becomes a habit.

Keep on talking...

1. When did I talk about money with a friend, family, or partner? What was the topic? Was it difficult or easy? Why?
2. When did I talk about money with family? What was the topic? Was it difficult or easy? Why?
3. When did I talk about money with a spouse or partner? What was the topic? Was it difficult or easy? Why?
4. When did unspoken messages get in the way? What was the message? What happened?
5. When did I listen more than I talked? Why? What happened?
6. When did I talk more than I listened? Why? What happened?
7. When did I hear or use negative or judgmental comments? How did it feel?
8. When did I hear or use supportive language? How did it feel?



Answer these questions each week:

Did talking about money help me de-stress and keep me balanced and healthy? Why or why not?

On a scale of 1 to 5, with 5 being “can’t stop it now,” how was your money talk this week?