



Section 6: Breaking the Fall

Exercise 19

This exercise helps you identify where your money stress comes from.

Where is your money stress?

On a scale of 1 to 5, with 5 being the greatest and 1 the least, rate your stress for each of these.

- | | |
|---|--|
| <input type="checkbox"/> Paying the bills | <input type="checkbox"/> Store brand or other |
| <input type="checkbox"/> Doing my taxes | <input type="checkbox"/> Clothes shopping |
| <input type="checkbox"/> Looking at my pay stub | <input type="checkbox"/> Car shopping |
| <input type="checkbox"/> Going to the bank | <input type="checkbox"/> Getting my credit card statement |
| <input type="checkbox"/> Talking about money | <input type="checkbox"/> Bringing my car to the garage |
| <input type="checkbox"/> Not talking about money | <input type="checkbox"/> Going out to dinner |
| <input type="checkbox"/> Buying anything new | <input type="checkbox"/> Ordering appetizers |
| <input type="checkbox"/> Buying anything used | <input type="checkbox"/> Ordering the right bottle of wine |
| <input type="checkbox"/> Thinking about college for my kids | <input type="checkbox"/> Ordering dresses |
| <input type="checkbox"/> Grocery shopping | <input type="checkbox"/> Organic or regular |

You're not the only one trying to change your finances—everyone does it. Unfortunately, most of these things just end up getting you even more stressed and frustrated!