

# Sheconomics<sup>®</sup> Tips

## TIP SHEET NO. 6

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### HOW TO OWN UP TO A MONEY PROBLEM

1. **Share** the problem with someone, anyone, close to you. Say “I’ve got myself into a bit of a tricky situation and I need to tell you about it”. If the words stick in your throat, try writing them a letter instead.
2. **Contact** a credit support helpline (see page X) if you can’t bring yourself to open up to a friend or family member. One phone call might be all that’s needed to start the recovery process.
3. **Find** yourself a financial coach or therapist. They won’t judge you and they’ll offer lots of sensible, concrete guidance and support.
4. **Reveal** all by following the latest US trend and posting your financial secrets on the internet anonymously via “debt blogs.” Some people find this gives them the accountability and discipline needed to help take control of the problem.
5. **Don’t** try to go it alone or hide it from everyone, especially the closest person in your life who can be your source of support.