

Sheconomics[®] Tips

TIP SHEET NO. 5

HOW TO TALK TO YOUR PARTNER ABOUT MONEY

1. **Choose the right time and place.** Find a regular time and place to talk about money where you know you won't be interrupted.
2. **Agree the ground rules** to make sure you both stay cool, e.g.
 - No interruptions while the other person is talking.
 - Definitely no blaming the other person.
 - Explain things calmly, leaving emotions aside.
 - Start and finish by saying at least one positive thing about the other, especially if you know there are sensitivities.
3. **Be a team!** Make a pact that you'll work together to sort out your finances. This means each of you must have equal information about the financial situation and be equally committed.
4. **Get organised.** Have a system for storing your paperwork and both use it. Keep a household budget (or spending plan) and review it together regularly.
5. **Look at what money is masking.** Money problems can be a symptom of something deeper. Face up to this and talk about how you can start to improve things. And keep strictly to the subject.