

## **Relationship Issues & Financial Issues**

One of the most common issues that can cause problems in relationships is money. In fact, the #1 contributing factor that leads to divorce is financial issues. Financial issues can cause problems in many relationships, from romantic partners to friends and family members. We tend not to talk about money with those we are closest to. When we do, the conversation can often become emotionally charged and we may end up in a fight or the issue may go unresolved.

**Some common money-related issues that can occur in a relationships include:**

- Different thoughts about spending and saving
- The complications of sharing accounts and expenses
- An inequality of money

People may not share important information about their finances with their partner, such as debts or spending habits, which can create division in a relationship over time. Another common difficulty in relationships is having different or conflicting thoughts and opinions about money and how to spend it. When one person prefers to live frugally and on a strict budget and the other person is comfortable spending money as soon as it's available, this can lead to resentment and distrust. Economic inequality in a relationship (when one person earns significantly more than the other) can also cause resentment in both partners.

For all of the reasons outlined above, it is important to have open communication about money in a relationship. Set aside a block of time each month to talk about finances with your partner or family members. This will enable you to budget and plan *together* and get support from your partner, friends or family if you are struggling financially.

Although these issues seem to be centered on finances, the underlying problems in relationships are often less about money and more about a lack of communication and an unequal division of power or control. It's a good idea to recognize this and to approach these issues as a united front.<sup>110</sup>

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<sup>110</sup> Original material from Peerlink National Technical Assistance Center.