

**What are some ways in which financial stress and issues around money have affected your relationships?**

**Tips for Communicating about Financial Issues Effectively with Your Partner:**

- Before you talk about money, explore what you both need that you are not currently getting from your partner. Examples could be time and attention, reassurance that you will be OK, emotional support, appreciation, space for yourself, acceptance, or recognition for your accomplishments.
- Discuss these needs using sentences beginning with "I" that do not blame or criticize.
  - "I think it would help if I had 30 minutes to myself when I come home."
  - "I want to be part of our financial decisions even if I seem to be afraid or avoiding it."
  - "I'm assuming that you don't want to connect with me when you are on the computer."
  - "I'd like us to get away from these problems, just the two of us, at least once a week."