

Warning Signs

When it comes to money have I done any of the following:

Transfer unpayable expenses to another credit card?

One partner doesn't want to think about it while the other is obsessed with growing debt?

See winning the lottery as long range financial planning?

Live a lifestyle I can't afford?

Blame my employer for not paying me enough?

Blame my spouse for not making enough money?

Get angry when I am told I need to cut back on spending?

Spend money I don't have?

Lie about my spending?

Spend money to feel better?

Have tried to stop and failed?

If you have done a few of these statements, get help.



Concerned About Someone?

Give them this brochure with your highlights.

Offer your help and support.



For More Information

Check out:
Debtors Anonymous on
line of go to
www.creditcard.com

HopeWorks
(860) 561-1175, ext. 0
hopeworkscentral@snet.net

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Inventory # PI:SA-MONEY

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Are You Playing Financial Roulette?

Debt can have all the destruction of any other addiction.

Anon



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Providing hope and help to young people and their families through counseling, education and community outreach

Understanding Financial Roulette

Often people learn patterns of spending from their families and the culture. We only know what we have seen. Is unrealistic spending common place in our extended family?

We live in a very unwise culture with regard to financial management. Immediate gratification has become the norm; as a result, families suffer.

Ask yourself:

In our family has overspending caused us problems:

Financially?

Physically?

In Relationships?

Legally?

The Role of Denial

Overspenders can become fixed on the idea that their spending is deserved, that they are being treated unfairly by the world when the bills come due. They tell themselves, "Everyone does it" or "I can control it." Ask yourself, "Am I doing the same thing and expecting a different result?" That is denial.



Playing Financial Roulette Can Cause:

Depression and Mood Swings

Financial uncertainty creates high levels of stress and a sense of hopelessness.

Chronic stress

Damages the immune system and consumes thoughts.

Damaged Relationships

Couples struggling may keep their spending secret or blame each other instead of solving the problem. This can cause a sense of confusion, betrayal and hopelessness.

Poor Decision Making

Overspending can become an addiction that results in distorted perceptions and the loss of relationships, self respect, social standing and all assets.

For example: Homeownership is not the best choice for everyone. Do the math and be realistic.

Recovery

Admit there is a problem.
Commit to change.

Nothing changes if nothing changes

Talk with a financial planner.
Write a list of all expenses - daily, weekly, monthly and yearly.
Ask yourself, what can we cut?
Talk about it with your children.

Downgrade or eliminate all optional expenses.

For Example:

Cable TV

Cell phones

Subscriptions

Eating out

Memberships

Entertainment with a cost

Additional cost saving measures:

Set thermostat lower

Borrow books

Shop in your closet

Don't shop where you will be tempted

Question yourself:

"Is this a genuine need or a want?"

Do I do what I shouldn't do to change the way I feel?

This is the start of any addiction.