

WEEK 1, DAY 4

Conversations with those closest

ACTION PLAN

Here are some tips we have found helpful in having tricky money conversations, recognising that not everyone has close family or friends that they can talk to about these issues. If that's the case, come and talk to a financial counsellor at a service like Moneycare.

BEFORE

- **Prepare:** Let the other person know in advance that you would like to have a conversation about money
- **Think:** What do you want to achieve in the conversation? How do you intend to get there?
- **Try:** Go in with a positive intent, curious to see things from the other person's perspective
- **Remember:** It's not only what you say, but how you say it!

DURING

- Be present
- Be respectful
- Listen!

AFTER

- Check back in with the other person
- Follow up on any actions
- Try again next time!

GETTING STARTED

To help prepare for these conversations, answer the following questions (example responses in brackets):

1. What is one conversation you'd like to have about money?
(I'd like to talk to my child about his/her large phone bill)

2. What is your goal or intention for this conversation?
(My goal is to help them understand that paying such a large bill puts a strain on the family's finances)

3. How important on a scale of 1 to 10 is it to achieve this?
(Around 7, although it is something I think about a lot)
4. What might stop you from achieving this?
(I might put it off with the excuse that 'there's never the right time')
5. What can you do to get around this obstacle?
(Make a time together where we're both free of distractions)
6. What can you do this week to reach your goal? OR Where can you get support from?
(Talk to other parents about what their approach)

Respond

The questions above are adapted from our You're the Boss program and we have found they really help people take action in lots of areas of their money life. You could jump onto our Facebook group to share how they have helped you take action

Remember

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

- Dr. Seuss

Go deeper

You may find extra tips for having money conversations with those close to you [here](#). The ABC website has a podcast and tip sheet. abc.net.au/radio/programs/the-pineapple-project/love-and-money/9473572

NOTE: FINANCIAL ABUSE

Financial abuse is when your intimate partner uses money as a way of exerting power or control over you. Not being allowed access to any money, is just one of the warning signs. If you think this could be happening to you then it's important to reach out for help. A good place to start is with Relationships Australia or another specialist family violence service.