



## Section 3: Short-Circuit the Program

### Exercise 9

This exercise asks what gets in the way of your money talk.

#### What stops you from talking?

*Check which ones stop you from talking about money*

- People will think I'm stupid.
- People will think I'm bragging.
- People will be uncomfortable.
- I will be uncomfortable.
- It's rude to talk about money.
- It's too personal.
- My family never talked about money.
- It's too upsetting.
- I don't want to jinx my good fortune.
- I hate it.
- You can't make me...

*Can you see all the baggage you carry about money talk? Wouldn't it be nice to drop some of it and be less stressed and burdened?*