



Section 6: Breaking the Fall

Exercise 20

This exercise helps you see how your relationships are influenced by money.

Relationship Stress

On a scale of 1 to 5, with 5 being extremely so and 1 being not at all, rate how your relationships are affected by money:

- Mother
- Father
- Sibling
- Children
- Grandparents
- Neighbor
- Friend
- Co-worker
- Store Clerk
- Doctor

It's tough to find a relationship that isn't affected by money stress, but wouldn't it be nice if none of them were? Being conscious and aware makes that happen.