MONEY TALKS

5 quick tips to open up financial communication in your marriage

Understand what you know today & what role you want to play in your financial planning

Perhaps only one of you "handles" the finances, but both of you should have a knowledge of and voice in your full financial picture and the plan for your future. Determine how you want to participate.

Start with the basics: Income, Expenses, & Savings

Finances can be intimidating, but by talking through what money comes in, what goes out through bills / other living necessities, and what is left that can be saved, you will start to see where there may be challenges (over-spending) or opportunities (greater savings).

Set aside time to have a conversation with your spouse

Approach the topic of money with enthusiasm and without criticism: "I appreciate all you have done...I'd love to have a larger role in our financial planning...I want to partner with you in our finances"...are all good openings for the topic and emphasize partnership and shared responsibility.

If you meet resistance, reinforce your position

If your spouse seems reticent to include you in any financial activities, don't escalate to an argument in the moment. Rather, continue to calmly advocate for yourself and why your role is important; emphasize that this is to help your partnership and family system be stronger.

Check-in at least monthly to talk money

Once you and your spouse agree on how you'll partner in finances, define a clear communication plan for moving forward. Be specific in what you both will do and for a next date/time to talk about what's working and what can be improved. Ensure you have shared access to accounts, passwords, bills, etc. and prepare to roll up your sleeves.

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