

# Tips for Financial Health in Relationships



Seven Circles  
Connection With Intention

## Respect, communication, and flexibility are key

- Respect – each partner comes into a relationship with a different financial background. Honor where your partner is in their financial journey and treat them the way you want them to treat you.
- Communication – both partners should feel safe and comfortable during conversations about their spending patterns.
- Flexibility – financial ups and downs happen! Being flexible together and knowing that you will manage things as a team, makes everything easier. This also means allowing your partner to make mistakes and working together to get back on track towards financial values and goals.

## Equality

- Both partners should have equal access to all shared bank accounts. Passwords are shared, decision making abilities are equal, etc.
- Both partners should be involved in financial decision-making. If you feel like you are being left out, you should feel safe enough to communicate that to your partner and work together to create more balance.

## Independence

- If you choose to merge bank accounts, it can be a benefit for each partner to have some of their own money in a separate, individual account, as well.
- Have your own credit card (in addition to a shared card, if you choose to do that) so you can build personal credit.

## Goal-setting

Setting financial goals is a great exercise to work on together and return to over time. Create individual goals that you can support one another in achieving individually and as a couple.

## Keep the conversation going

Continuing the conversation around finances is important, make it a regular habit to touch base. Schedule intentional space for a conversation about finances when major life changes are happening – job promotion or job loss, a growing family, moving, etc.

## Getting married? Let's talk prenups

- Every couple should discuss prenuptial agreements as early as possible.
- Don't take it personally if your partner wants to get a prenup. It doesn't mean they value your relationship less than you thought previously.
- If you decide to get a prenup, work on it together. However, you should each have a separate lawyer look it over on your personal behalf. Ultimately, don't sign anything you are uncomfortable with.
- Research the Lieberman Clause and adjoining Letter of Intent if you are signing a *ketubah* (Jewish marriage contract). This documentation provides equal power of *both* partners to request a *get* (Jewish divorce), not just one partner.

## Having trouble agreeing?

- Schedule time to have a specific conversation about the disagreement so you both come into the conversation prepared to talk and listen.
- If things feel off course, try returning to the values you share.
- Be curious – Our financial patterns are shaped by our past experiences, so learning the “why” of a decision or action can help put things into perspective.
- Seek support. Financial issues can escalate if they don't get resolved. You can also seek support of a couples therapist and/or financial planner to address financial disagreements.

## Check out our How to Have a Healthy Argument page for more.

Read our Resources page if you are looking for support as a couple or if you feel like you need guidance because of what you are experiencing in your relationship. If the response from your partner about finances concerns you (scares you, makes you feel uncomfortable, unsafe, or demeaned), we encourage you to explore that. Call SHALVA at 773-583-HOPE(4673).