

## FINANCIAL THERAPY WORKSHEET

<b>FAMILY PATTERNS</b>	<b>FINANCIAL OBSTACLES</b>	<b>FAMILY RULES</b>
How did your parents handle money? Who was in incharge?	What kinds of financial obstacles have you been facing from the past few months?	What have your family members taught you about finances?
Do you have nay history in your family where you all faced shortage of money?	What difficulties do you think have affected you the most?	What were the family rules about money?
How often did you and your family talk about money?	How have you been held back by the financial difficulties?	Were the rules rigid or healthy?