

How do you Feel About Money?



Family members may have different values and attitudes about money. Have each family member answer the questions below. Then compare answers and discuss why you feel the way you do. The discussion of “why” is the most important part of this exercise.



Part 1 – Do you agree or disagree with the following statements? Circle your answers.

1. Money can't buy happiness.	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
2. The most important thing a parent can do for a family is to make a good living.	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
3. Money is meant to be spent.	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
4. People shouldn't take a vacation when they have unpaid bills.	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
5. The person who controls the purse strings in a family is the one who is really the boss.	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
6. Bringing up the idea of money is likely to stir up trouble.	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree

Part 2 – How important to you are the following? Circle your answer.

1. To have a lot of money.	Not at all important	Somewhat important	Very important	Essential
2. To have a “cushion” of savings for emergencies.	Not at all important	Somewhat important	Very important	Essential
3. To have some money of my own that I can spend as I wish and don't have to account to anyone for.	Not at all important	Somewhat important	Very important	Essential



Part 3 – How often do you do the following? Circle your answer.

- | | | | | |
|--|-------|--------|--------------|---------------|
| 1. Buy things I don't need because they are on sale. | Never | Rarely | Occasionally | Almost Always |
| 2. Have regrets after I purchase something. | Never | Rarely | Occasionally | Almost Always |
| 3. Spend money when I am worried, unhappy, or bored. | Never | Rarely | Occasionally | Almost Always |