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Money Talk Guidelines:

KINGSBURY'S RULES FOR FIGHTING FAIR FINANCIALLY

1

BE RESPECTFUL

Treat the other person in the conversation with respect. Respectful behaviors include listening carefully, not interrupting, and refraining from using profanity or blaming language.

2

USE "I" STATEMENTS

Use "I" statements to communicate how you feel and what specific action triggered this emotion. Avoid the urge to point a finger and blame your partner.

3

LISTEN ACTIVELY

Active listening is a communication technique that aids in mutual understanding and involves asking open-ended questions, then listening carefully to the answers. It does not involve offering your opinion on the information your partner has shared.

4

DON'T MIND READ

Don't try to read your partner's thoughts as it tends to make people angry as the person feels unheard. Instead, ask open-ended questions to learn more about your partner's money mindset.

5

PRACTICE CURIOSITY

Bring a healthy dose of curiosity to every money conversation. To do this, pretend you are a scientist interviewing a subject for a research project. Ask thoughtful, clarifying questions to learn more about your partner's perspective on the financial matter at hand.

6

AGREE TO DISAGREE

Agree to disagree before you engage in a money dialogue. Remember that the goal of a money conversation is to understand each other's viewpoint, to keep an open mind, and to lay the groundwork for more financial dialogues in the future.

7

GIVE YOURSELF A REWARD

Reward yourself and your partner after each financial conversation. Together, you have taken a proactive step toward financial health and wellness, and you deserve some recognition.

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