

Supporting Your Partner During Financial Difficulties



Relieve the Pressure aims to protect relationships from the pressures of the Winter and Christmas months with FREE self- help resources such as downloadable relationship tips, advice videos and blogs from our expert counsellors and other professional organisations.

Christmas costs are rising and each year families seem to be spending more and more money at Christmas time. Buying gifts for loved ones, decorating the house and Christmas nights out with work and friends are just some of the costs associated with this time of the year. It seems that you need to start saving in January for the Christmas period!

Financial difficulties can often create arguments within couple and family dynamics. It's important that couples support each other during this time to ensure that their relationships are protected from the financial pressures at Christmas.

Communicate Effectively

Communicate your spending needs with your partner early and often. Clear communication is really important during stressful times. To help manage the stress of the situation, try to have conversations about money in casual settings. Let each other speak in turns and try to actively listen to your partner, it can be easy to half listen to each other sometimes which can lead to arguments and further conflict.

Work Together

Don't isolate each other- it's healthy to navigate tasks, such as budgeting, together. Setting short- term and long- term goals can ensure that you are both on the same page when it comes to spending money, especially because of the amount of money that may be spent in the lead up to Christmas.

Honesty & Trust are Key

Many couples and families avoid having the difficult conversation about finances. Be transparent with your partner about spending this Christmas. For example, talk about the upcoming Christmas nights out or how much money you plan to spend on presents.

Understand your Differences & Compromise

There may be imbalances in spending in your relationship. One person may think that a spend is justifiable, such as the third Christmas night out with your friends, but the other person may think that the money would be better spent on the Christmas dinner or in savings for the long month of January. Take time to talk through the situation, find a balance of both and compromise with each other.

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we can Relate

For more advice tips & tools
this Festive period, visit;
**[www.relateni.org/relieve-the-
pressure-2023](http://www.relateni.org/relieve-the-pressure-2023)**

#RTP23