

➤ *Dark Cloud Credit Pessimist*

B. Jot down a recent experience that illustrates how this mindset around debt resulted in inattention to your present circumstance and the perpetuation of some imbalance in your life.

C. How does your TEN WEEKS work assist you in responding differently to these debts and this recent experience?



WEEK FIVE
DEBT & CREDIT
Circuit Inspection Worksheet

PART II

“We all know how the size of sums of money appears to vary in a remarkable way according as they are being paid in or paid out.”

—Julian Huxley

? Which of the following best describes your relationship with your credit cards?

I have this love/hate relationship with my credit cards. I don't see how I could get along without them, but I spend way too much and I can't seem to figure out how to stop the cycle.

I have sworn off them because of bad past experiences. I find that total abstinence is the only way I can deal with credit purchases.



TEN WEEKS TO FINANCIAL AWAKENING

- I don't use credit cards. I abide by past lessons that say that if I can't pay cash, I shouldn't be buying.*
- I charge things or buy them on credit when it makes good financial sense. Maybe I can get some free air miles, or maybe there is a 0 percent interest rate offer that allows me to keep my savings earning interest, rather than pay cash for things immediately.*
- None of the above begins to describe my relationship with my credit cards. Here's a better summary of my relationship and what I'd like to change or leave the same:*

Do you remember what Jerrold Mundis said?

"The major problem why people get into debt, results from distorted attitudes and perceptions about self, about money, and about self in relationship to money."

? Can you identify any distorted attitudes and perceptions in any of the three areas mentioned above?

A couple of examples may help:

I'm not happy having to deny myself a credit card because of my tendency to abuse it. I don't like to admit that I'm not able to control myself. I think my distorted perception is that freedom is being able to do what I desire at the moment rather than having the courage to stay with my discomfort and do something I won't regret tomorrow.

— or —

I can't seem to live with or without my credit cards. I'm not happy with the roller coaster ride of constantly beating myself up over this cycle of overspending and shame-based restraint. Underneath this conflict lies my difficulty in seeing that I am a good person, even when I overspend. I think it's hard for me to accept that I subconsciously make poor decisions to reinforce my bad self-esteem.
