22. Sharing Your Money History

OBJECTIVE: Explore and share personal details of past money experiences.

TIME: 30 minutes

NOTE TO TRAINER: This activity can work between couples and family members or among class members generally.

MATERIALS

Money History Questions Handout

ACTIVITY:

Ask participants to brainstorm as a group about situations when they usually talk about money with their family members. As a group, note how many of these experiences were conflicts or negative issues about money.

Introduce the rest of the activity by noting that talking about money does not have to be about exploring conflicts between you and your partner in the area of money.

Divide the class into pairs. Pairs can be couples, two family members, or unrelated class participants. Ask the pairs to take their two chairs and move away from the tables and others in the room. Encourage pairs to sit facing each other.

Distribute the Money History Questions handout and ask them to go through the list, asking each other the questions, and sharing their responses with their partners. It might be helpful to set up two ground rules:

- They take turns sharing each response; they do not interrupt the speaker,
- If an individual cannot or does not want to answer a question, she or he can skip over it for the time being; but try to come back to the question later.

Encourage your participants to take this activity home, find some quiet time with their partners and re-do the activity together. Ask them the following week what they learned and how they felt.

GROUP DISCUSSION:

- How did you feel talking about money this way?
- What did you learn about yourself? Your partner?

Adapted, with permission, from an activity by Olivia Mellan published in her book Money Harmony.