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What Enough Money Means to Me

Partner conflicts around money are best navigated when you understand the ways your history with money are the same, and the ways they're different. What do each of you constitute as having enough? With this quiz, you can delve deep into understanding what money means to your partner. Think about how you each contribute to the greater wealth of your relationship, whether that is time, work around the house, or financially. It's never too early to understand your partner's relationship and history with money, and it's never too late either. For a lifetime of love, and less conflict, express gratitude for what you have, what you each contribute, and what you are building together. Different meanings drive different relationships to money. There are ways to make your money attitudes compatible. It's worth the effort in discussion now to avoid the disagreements over how you spend and save your hard-earned cash.

Pair this exercise with the other resources related to Gottman Date 4. Both you and your partner should complete the questionnaire below separately. Then be prepared to discuss your responses.

Read each item and circle the correct alternative that fits your point of view for each item, with the following key:

5 = Strongly Agree **4** = Agree **3** = Neither Agree nor Disagree **2** = Disagree **1** = Strongly Disagree

For me, having enough money means having power.

5 **4** **3** **2** **1**

For me, having enough money means being independent.

5 **4** **3** **2** **1**

For me, having enough money means being strong.

5 **4** **3** **2** **1**

For me, enough money means not having to rely on anyone else.

5 **4** **3** **2** **1**

For me, enough money means being responsible.

5 **4** **3** **2** **1**

For me, enough money means being able to relax and not worry.

5 **4** **3** **2** **1**

For me, enough money means being able to have time to do what I like.

5 **4** **3** **2** **1**

For me, enough money means being able to have luxury.

5 **4** **3** **2** **1**

For me, enough money means being able to create.

5 **4** **3** **2** **1**

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For me, enough money means being able to give some of it to other people.

5 4 3 2 1

For me, having enough money means love, caring, and affection.

5 4 3 2 1

For me, having enough money means safety, security, and stability.

5 4 3 2 1

For me, having enough money means feeling competent.

5 4 3 2 1

For me, having enough money means having control.

5 4 3 2 1

For me, having enough money means safety, security, and stability.

5 4 3 2 1

For me, having enough money allows me to feel positive self esteem.

5 4 3 2 1

For me, having enough money means being acceptable to myself and others.

5 4 3 2 1

For me, having enough money means a reward for a lot of effort.

5 4 3 2 1

For me, having enough money means being a successful adult.

5 4 3 2 1

For me, having enough money means avoiding stress.

5 4 3 2 1

For me, having enough money means that I deserve to self indulge.

5 4 3 2 1

For me, having enough money means feeling respected.

5 4 3 2 1

For me, having enough money means taking responsibility as an adult.

5 4 3 2 1

For me, having enough money has meant greater sexual opportunity.

5 4 3 2 1

For me, having enough money means great freedom.

5 4 3 2 1

For me, having enough money means I can have companionship.

5 4 3 2 1

For me, having enough money means feeling rich and comfortable.

5 4 3 2 1

For me, having enough money means filling a void in my life.

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5 4 3 2 1

For me, having enough money means I can be happy.

5 4 3 2 1

Adapted from: Eight Dates: Essential Conversations for a Lifetime of Love. By: John Gottman, Julie Schwartz Gottman, Doug Abrams, and Rachel Carlton Abrams