

Talk Well

Read each of the six statements below. Look at the first four columns labeled “Now.” Checkmark the phrase that shows how often you do each item now that you have participated in this Bank It session. Next, look at the last four columns labeled “Before.” Checkmark the phrase that shows how often you did each item before you came to this Bank It session. Add today’s date at the bottom.

		Check the box of the phrase that shows how often you do each item numbered from 1 to 6.							
		NOW				BEFORE			
		None or a little bit of the time	Some of the time	A good bit of the time	Most of the time	None or a little bit of the time	Some of the time	A good bit of the time	Most of the time
1.	I can list at least two examples of money stress.								
2.	I can identify at least two emotions I feel when I am under money stress.								
3.	I can name at least one way to cope with my emotions in healthy ways.								
4.	I can identify at least one reason to talk to my teenager about money stress.								
5.	I can describe helpful ways to solve money problems.								
6.	I can name an example of a good money choice to make during stressful money times.								

Today’s date: _____

