

How My Mental Health, Addiction, Treatment, and/or Physical Health Issues Affect My Finances	Never	Rarely	Sometimes	Often
Important bills don't get paid on time.				
I go on rampant spending sprees.				
I spend money I can't really afford on unnecessary things.				
I avoid opening my mail.				
I have a hard time writing and signing checks.				
I have a hard time using ATMs or debit card machines.				
I let my finances go unchecked.				
I can't physically access my finances.				
I lose important financial documents.				
I stop caring about keeping a budget and start making poor financial choices.				
I sabotage my own financial situation.				

My Financial Crisis Plan:

When I do this (or experience this):	I will do this:
Rather than doing this:	I will do this instead:

