

Workshop 8: Worksheets

Financial Crisis Planning:

How Financial Issues Affect Me	Never	Rarely	Sometimes	<u>Often</u>
I experience anxiety.				
My sleep is interrupted.				
I feel hopeless.				
I can't purchase needed medication or				
access services.				
I can't buy the things I want.				
I do without necessities.				
I feel ashamed.				
I worry about my future.				
My relationship with my partner is				
strained.				
I dread (or avoid) opening mail or				
answering the phone.				
I feel out of control with my spending.				
I have to work more than I would like just				
to pay my bills.				
I can't go out with my friends or take a				
vacation.				
I feel powerless over my finances.				

How My Mental Health, Addiction,	Never	Rarely	Sometimes	Often
Treatment, and/or Physical Health				
Issues Affect My Finances				
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:
Rather than doing this:	I will do this instead:
Rather than doing this:	I will do this instead:
Rather than doing this:	I will do this instead:
Rather than doing this:	I will do this instead:
Rather than doing this:	I will do this instead:
Rather than doing this:	I will do this instead:

Payment Tracking Plan:

Company Name:	Account Information:	Payment Method:	Due: