

# Money matters: Couples who regularly talk about money are happier

July 20 2018, by Len Canter, Healthday Reporter

---



(HealthDay)—Money can't buy you love, but it can come between you

and your spouse if you don't have open conversations about it.

According to a poll of more than 1,300 Americans, couples who regularly talk about money—as often as once a week—are happier in their relationship than those who discuss finances less frequently.

On the other hand, money is a source of conflict for nearly one-third of all couples, and even more so during stressful times—and any uncertainty about finances can add to that stress.

Additional research from North Carolina State University suggests that working as a team and becoming financially literate can help.

Boost Your Financial Literacy:

- Consider talking to a financial advisor.
- Map out your family finances and draw up a plan for both managing current expenses and saving for the future.
- Stay up-to-date with news from a respected financial organization.

But how can you get started if you tend to avoid the topic? Set aside a time that's right for you, not when you're feeling rushed, angry or tired. Talk about finances in general, then about any big-ticket items coming up.

Partners rarely see eye-to-eye on every issue, but don't avoid a discussion because you're afraid of having a difference in opinion. It's better to resolve a money worry than hide it or lie about it and then have to deal with the consequences.

If you didn't learn about [money](#) when growing up, you may have a harder time overcoming what you see as a taboo subject. But financial

talk is good for your bottom line—and your [relationship](#).

**More information:** The American Psychological Association has more tips on how to [avoid money conflicts](#) with your partner.

Copyright © 2018 [HealthDay](#). All rights reserved.

Citation: Money matters: Couples who regularly talk about money are happier (2018, July 20)  
retrieved 23 April 2024 from

<https://medicalxpress.com/news/2018-07-money-couples-regularly-happier.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.