

Spending When You Feel Bad

Look at what the spending was doing for you, with no lecture attached.

WHEN TO USE THIS

Use this after a spend you did not plan on.

What did you buy, and what was happening right before?

What did it give you in that moment?

Relief, comfort, a break, feeling normal. All real.

How did you feel about an hour after?

0	1	2	3	4	5	6	7	8	9	10
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Better

Worse

Name three other things that give you some of that same relief.

1.

2.

3.

This is not about being good with money. It is about what you needed.