Cohabitating [1]

Moving in with your significant other is an exciting endeavor. Living together provides you and your "special someone" the opportunity to build your relationship and explore the idea of an extended future together. It is also a great way for both of you to save money on living expenses. Thus, as you embark upon the path of living together, you and your significant other will want to talk not only about life goals and dreams but also finances.

Yes, that's right. You will want to talk about money. Sorting out financial arrangements is integral to minimizing financial conflicts and maximizing collective resources. In addition, it is an excellent way to build the financial foundation needed to build a life together.

Of course, for some people, talking about finances is an uncomfortable exercise. If you are one of these people and feel hesitant to talk to your partner about money, take a few moments to reflect on this emotion and its causes. Was money a stressor in your household as a child? Did your family members seem stressed when talking about money? Are there aspects of your personal finances that you are hesitant to disclose to your partner? Are you unsure of where to begin?

If you are feeling uncertain or overwhelmed by the prospect of talking with your partner about money, you may wish to reach out to Employee Assistance Program for support. Talking to an unbiased listener can be helpful in sorting through emotions and developing an approach for addressing the matter. Professional counselors are available to assist you. For support on the Boulder campus, please visit CU-Boulder's Employee Assistance Program website. [2] For support on the System Administration, Anschutz Medical, Denver, or Colorado Springs campuses, please visit the State of Colorado's Employee Assistance Program website [3].

If you are ready to begin,

Select an image below to navigate the financial terrain of your journey:
Take stock of your finances.

Consider your situation and options.

Implement solutions.

Groups audience:
Employee Services