Marriage [1]

With all of the excitement that comes with marriage, it can be easy to get swept up in following your heart and not your head. However, as you think about taking your vows, be sure to reflect on the not-so-glamorous, yet equally integral part of joining your life with someone else’s: finances.

Though talking about budgeting, debt, and money management strategies amid the process of selecting flowers and sending invitations may not feel like the right time to have such a conversation, talking about money before the big day offers you and your fiancé the opportunity to explore these questions before trying to approach them after the jet lag from the honeymoon wears off.

If you are already married and have not yet had an in-depth discussion about your household finances, it’s not too late to do so! In fact, as life passes, various life events occur and provide cause to review and evaluate finances on an ongoing basis.

For some people, talking about finances is an uncomfortable exercise. If, indeed, you feel anxious or hesitant about talking to your spouse 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 spouse 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].

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

Consider your situation and options.

Implement solutions.

Groups audience:
Employee Services