**Week 7**

# Financial Support

Creating steadiness, clarity, and teamwork around money

Expanded Edition

*Practical exercises, deployment-ready examples, and guided weekly growth.*

Luminous Pathways International
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# Financial Support

Creating steadiness, clarity, and teamwork around money

| Definition | Why it matters in deployment | Weekly focus |
|---|---|---|
| Financial support includes confidence that the household and shared goals are being responsibly supported. During deployment, clarity matters as much as income because uncertainty can quickly become anxiety. | Money stress consumes emotional energy and can make each partner feel alone with responsibility. Calm systems and shared visibility protect trust. | Create predictable financial communication, clear responsibilities, and a shared response to unexpected costs. |

## Core practices for this week

- Schedule money conversations rather than raising them during emotional calls.
- Clarify who handles bills, transfers, savings, and emergencies.
- Use one shared summary instead of scattered messages.
- Discuss stress without blame or moral judgment.
- Build a small deployment contingency plan when possible.

| Conversation prompts | This week’s couple actions |
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| • “What would help you feel more financially secure?”<br>• “Which money responsibilities are unclear or uneven?”<br>• “How should we handle an unexpected expense?” | • Hold one calm financial check-in.<br>• Create a responsibility map.<br>• Agree on a threshold for discussing purchases. |

# Guided growth exercises

Choose one exercise to complete during a call or video chat, or work through all three across the week. The goal is consistent practice, not perfect performance.

### The 20-Minute Money Check-In

20 minutes

Purpose: Create a predictable, non-accusatory review rhythm.

1. Review current balances, upcoming bills, and one shared goal.
2. Name one concern without assigning blame.
3. Choose one action and one follow-up date.
4. End by acknowledging one thing the other person handled well.

### Financial Responsibility Map

15 minutes

Purpose: Reduce confusion about who owns each task.

1. List recurring bills, savings transfers, paperwork, and emergency tasks.
2. Mark each item: deployed partner, at-home partner, or shared.
3. Identify one backup plan if the primary person becomes unavailable.

### Deployment Buffer Plan

20 minutes

Purpose: Prepare for common surprises.

1. Choose three likely unexpected expenses.
2. Decide what can be handled automatically and what requires discussion.
3. Set a purchase-notification threshold that feels reasonable to both partners.

# How this can look in real life

Deployment communication is often brief, interrupted, or emotionally uneven. These examples show how to apply the week’s skill without requiring a perfect conversation.

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| Situation | An unexpected household expense occurs during a busy operational period. |
| Try this | Send a short summary with amount, urgency, options, and the decision deadline rather than multiple fragmented messages. |
| Why it helps | A clear format reduces panic and cognitive load. |

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| Situation | One partner feels controlled by purchase questions. |
| Try this | “I want visibility, not control. Can we agree on a dollar threshold that gives both of us freedom and prevents surprises?” |
| Why it helps | It creates a shared rule instead of personal scrutiny. |

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| Situation | A money conversation becomes accusatory. |
| Try this | Pause and return to the shared problem: “The problem is the budget gap, not you. Let’s identify one next step.” |
| Why it helps | It shifts the couple from opposition to teamwork. |

## Common traps to avoid

- Discussing money only after a problem occurs.
- Using rank, income, or control of accounts as leverage.
- Shaming different spending styles.
- Keeping one partner uninformed because they are deployed or at home.

## A useful reset phrase

“The financial problem is outside us. We are on the same side of it.”

# Workbook and seven-day application plan

Complete the reflection prompts individually, then share what feels useful. Use the seven-day plan as a flexible rhythm rather than a rigid requirement.

### What financial topic creates the most stress for us?

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### Where do we need clearer responsibility or visibility?

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### What shared financial goal would strengthen teamwork?

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## Seven-day application plan

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| Day 1 | Schedule the money check-in. |
| Day 2 | Create the responsibility map. |
| Day 3 | Agree on a purchase threshold. |
| Day 4 | Identify one upcoming expense. |
| Day 5 | Name one financial contribution you appreciate. |
| Day 6 | Create one emergency backup plan. |
| Day 7 | Choose the next financial check-in date. |