Please read chapter 11.

CHAPTER 11: THE GREAT BANK ROBBERY

✎ What was your first reaction to what Rob had to say about debt in this chapter?

✎ Have you ever been in debt yourself? When facing problems with debt it's normal to feel emotions like despair, hopelessness and depression. If you have struggled with debt write down how it made you feel.

✎ Rob says, *"The only long-term way to get out of debt for ever is to spend less than you earn."* What do you think of this? What would you need to do to make this possible for yourself?

The following exercise won't make you debt free but it's a good place to start. Understanding the difference between our 'needs' and our 'wants' helps us to make wise choices when we spend our money. Needs are the things we have to spend our money on. Wants are the things we'd like to spend our money on, but aren't necessary.

✎ In the space below there are two headings. 'Needs' and 'Wants'.

- Under the title 'Needs' write down the things you have to spend your money on. For example, rent/mortgage, food, utility bills.

- Under the 'Wants' heading, list the things you like to buy, but are not necessary. For example, a chocolate bar, a magazine, a new pair of shoes.

NEEDS

WANTS

Take a look at your lists again to check whether you've left anything out. Make sure all of the things listed under 'Needs', really are in the right list and do the same for the 'Wants' list. Don't be afraid to cross things out and put them in the other list. Be as honest as you can.

✎ Has anything surprised you about your lists? If so, write down your thoughts and explain why you feel that way.

✎ Do you have enough income to cover all your needs? If not, make a list of ways you could increase your future income. For example, could you take on extra work?

Need help?

If you need further help and support, why not speak to the person who gave you these notes or to your prison chaplain.

Next time ...

The next session will look at chapter 12 and discuss how to cope with the difficult people in your life.

Care for the Family is a registered charity (England and Wales: 1066905; Scotland: SC038497; Isle of Man: 1231).
A company limited by guarantee no. 3482910. Registered in England and Wales.
Tel: 029 2081 0800. Web: cff.org.uk