

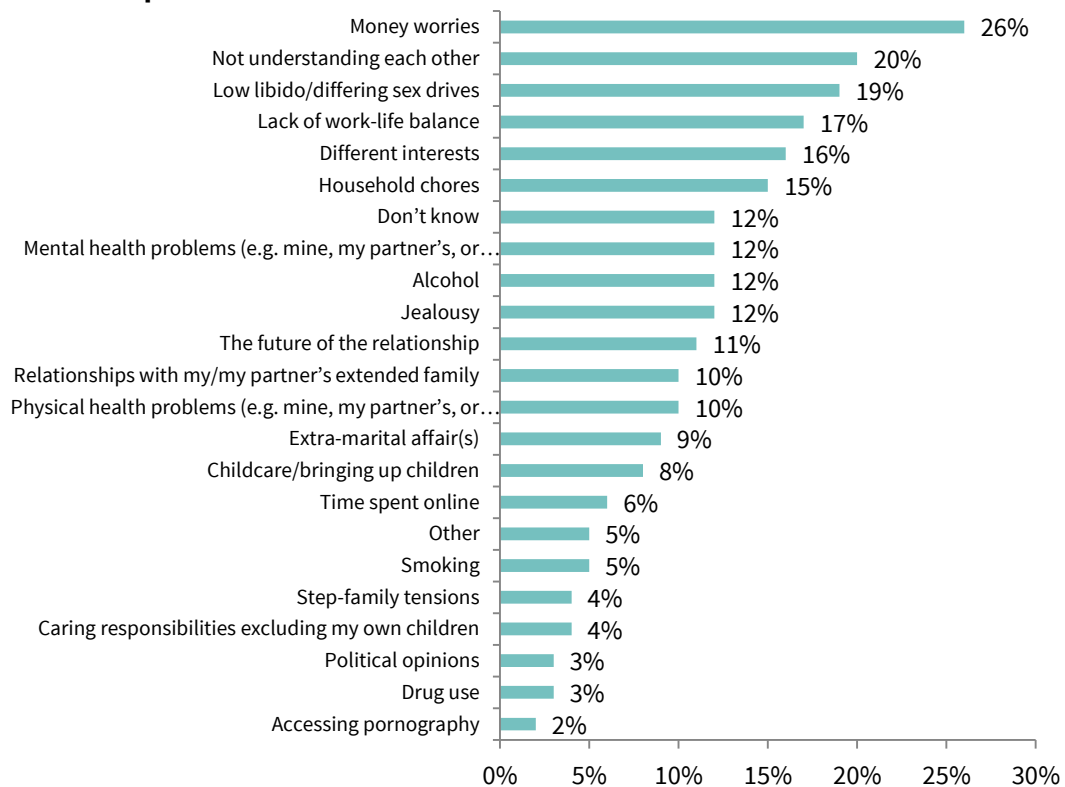
News release

Money is the top strain on relationships

Relate Cambridge releases tips for talking to your partner about money

New research by leading relationships charities, Relate, Relationships Scotland and Marriage Care has revealed the top relationship strains experienced by couples in the UK today. Money worries came top of the list – more than a quarter of UK adults (26%) say these are placing a strain on their relationships - followed by not understanding each other (20%), low libido/differing sex drives (19%), lack of work life balance (17%) and different interests (16%).

Top relationship strains



The charities surveyed over 5000 people about their relationships as part of the [It Takes Two, The quality of the UK's adult couple relationships](#) report.

Elaine Taylor, Relationship Counsellor at Relate Cambridge said: “Our report highlights that, despite the promise of economic recovery, money worries are still placing a significant strain

on our relationships. Research has shown that arguments about money tend to cause the most conflict in relationships and it's something that comes up a lot in counselling sessions at Relate Cambridge.

“Talking about money with your partner can bring up some strong emotions, but there are ways of approaching it which will reduce the likelihood of a full blown row.”

Marriage Care partnered with Relate on the report. Marriage Care counsellor and Director of Client Services Jenny Porter said: “Usually when couples argue over money, it is because both individuals have very different spending habits. For example, one person may be more risk-averse and want to put more money away for retirement, while the other person may be more focused on spending for today.

Although many couples find it awkward to talk about finances, it is essential to talk things through together to ensure both partners are on the same wavelength and to prevent problems from escalating.”

Relate Cambridge's tips for avoiding falling out about money

- Talk to your partner about your attitudes towards money and what you think has influenced them. Perhaps your partner's parents were really careful with money when they were growing up. You're less likely to get angry with your partner about their spending habits if you understand where they come from.
- If one of you is a spender and the other is a saver, recognise that this may be a source of tension but that it doesn't mean the relationship will fail. It's all about how you navigate your differences.
- [Take Relate's money quiz](#) and compare your results. This is a good way of working out if there's an issue and starting to talk more openly with your partner about money.
- If you're entering a new relationship, try to talk about money from the beginning. If you're used to discussing who'll pick up the restaurant bill and what your budget is for your first holiday together, topics like joint bank accounts and saving for a house deposit will feel less daunting to broach further down the line.
- Discuss your financial priorities and be prepared for the fact that they may differ. Only by knowing what each other's goals are will you be able to reach any kind of agreement or compromise.
- Think very carefully about whether you want a joint bank account. Whilst joint accounts can make sense for paying household bills, they're a big commitment. Consider both keeping some money aside each month that you're free to spend as you wish. That way you won't feel like you have to justify that new pair of shoes or night out to your partner!
- Put together a plan outlining how you'll manage money together and work out a monthly budget. This can be particularly useful if your finances are under real pressure as it will help you to feel in control again and like you're tackling the problem as a team.
- Check in regularly with your partner about finances. A lot of people hate talking about money but it's really important, especially if you cohabit or have children together.

- Remember that money is the one of the things that couples argue about the most. A few disagreements are totally normal, but if you're arguing more often than not, it's worth seeking relationship support from an organisation such as Relate Cambridge or Marriage Care.

Struggling to cope? Relate Cambridge provides impartial and non-judgmental support for people of all ages, at all stages of couple, family and social relationships. Call us on 01223 357424 or visit www.relatecambridge.org.uk for more information.

-ENDS-

For all media enquiries contact Elaine Taylor Relate Cambridge on 01302 347712

*All figures, unless otherwise stated, are taken from *The Way We Are Now* – an annual study of the relationships of over 5,000 people across the UK by Relate and Relationships Scotland. The study was carried out by YouGov. Fieldwork was undertaken between 18th June and 7th July 2016. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 16+). YouGov is a member of the British Polling Council. All figures, unless otherwise stated, are from YouGov Plc. The same number of close friends question was asked in 2014 and 2015 (also in YouGov polls of over 5000 UK adults) and the responses then were 1 in 10 people had no close friends.

The Way We Are Now is an annual report into the state of the nation's relationships by Relate and Relationships Scotland. This year, the report is divided into a series of mini reports covering Work, Sex, Partners, Family, Friends and Disability which will be published throughout the year. The social relationships report is the fourth in the series to be released. For publication dates of upcoming reports, please contact the Relate media office.

Notes to editors

Relate

- Relate is a registered charity number 207314
- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Relationships are under increasing pressure – breakdown costs the UK an estimated £48bn each year.
- Relate provides impartial and non-judgmental support for people of all ages, at all stages of couple, family and social relationships.
- Over a million people every year access information, support and counselling from Relate but its clear many more would benefit from Relate services.
- Relate's couple counselling work delivers an estimated £11.40 of benefits for every £1 spent.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of around 1,700 counsellors across the country.
- Relate Cambridge celebrated its 70th birthday in 2015.
- For more information and advice visit: www.relate.org.uk.

Marriage Care is a faith-based national charity which helps couples and individuals build and sustain strong, fulfilling healthy relationships through relationship education initiatives, marriage preparation services and relationship counselling to all, regardless of ability to pay. It has more than 50 centres and just under 100 counselling locations and is the second largest relationship support provider in England and Wales.

For more information about the national charity please contact:

T 020 7371 1341

W www.marriagecare.org.uk