

Put a check in front of each statement if you have ever found yourself in that situation.

- _____ 1. Didn't have enough cash saved for emergencies.
- _____ 2. Routinely spend more than you make.
- _____ 3. Skip payments on some bills in order to pay others.
- _____ 4. Make only minimum payments on credit cards.
- _____ 5. Use credit cards to buy things you formerly paid with cash (groceries, electric bill, etc)
- _____ 6. At or over the limit on credit cards.
- _____ 7. Panic when you have an unexpected expense, such as a car repair.
- _____ 8. Use so much of monthly income to pay off debts, there isn't enough for basic needs such as food, clothing, insurance, the house payment or rent.
- _____ 9. Have more than two or three major credit cards.
- _____ 10. After you pay your credit card bill, you increase your balance by the same amount (or more) the following month.
- _____ 11. Transfer balances from one card to another instead of making a monthly payment.
- _____ 12. Use cash advances to pay bills or make payments on other cards.
- _____ 13. Count on the float in order to pay your bills, writing a check hoping that you'll be able to cover it by the time it clears your bank.
- _____ 14. Unsure of the total amount you owe your creditors.
- _____ 15. Tried to make a purchase with your credit card and it was declined.
- _____ 16. Bounced checks and had overdraft fees.
- _____ 17. Regularly use overnight mail or Fed Ex to send payments to creditors.
- _____ 18. Creditors or collectors call you about overdue bills.
- _____ 19. You lie to or argue with your spouse or other family member about your spending
- _____ 20. You hide purchases or credit card statements from family members.

These are **debt warning signs**. If you recognize yourself in **five or less** of these, you may have caught the problem before it's unmanageable, but you must act immediately to change your spending habits. If you recognize yourself in **six or more** of these, your problem is much more serious and will require more drastic steps.