



“Insights On The Stress Burden Associated With Carrying Debt”

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Some people feel a tremendous amount of stress when they have a debt burden. This is because it sometimes seems as if there is no light at the end of the tunnel. Every month things seem to worsen. Every month after paying your bills, it seems like less and less of your pay-check is left over. And this in fact is how it all works, because as your debt grows, so do the interest charges on the debt. It can truly be a sinking and hopeless feeling, as though you are spiraling down into a dark dizzy hole.

How can you ever get relief?

If you liken the problem to a physical disease, the associated stress of having a disease is always mitigated somewhat by identifying the problem. You may have heard people who are diagnosed with a disease describe what a relief it is just to put a name on what has been causing them so much aggravation. A similar phenomenon occurs when you identify what is happening with yourself financially, when your debt is spiraling out of control. If you can create a budget and use budgeting and financial software to get a good idea of what is happening, you will likely experience a tremendous amount of relief when you finally understand the problem—whatever it may be.

True, some people may not have an ongoing problem and some major catastrophe—possibly a medical emergency—has tossed them down into the dark hole of debt, but all too often it is caused by ongoing problems with money management. Obtaining money management software and entering your financial information for several months will allow you to run reports and get some visibility on your problem—name the “disease” of your debt, so to speak.



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I know that everyone wants to find the path to financial freedom, but understand that everyone lives in a different situation financially. Some will be ahead of the game and well on their way to financial freedom; others will be spiraling down into the dark hole of debt.