

## Warning Signs of Financial Difficulty

While every situation is different, there are some common signs that may indicate financial difficulty.

The following checklist is a helpful tool to assess whether you may be having problems with your debts. If you answer "yes" to any of these questions it may be a sign that you are headed for debt problems.

- Do you find yourself juggling your monthly bills as you are unable to pay your bills regularly, in full, and on time?
- Do you find yourself dipping into your overdraft most months?
- Do you make only minimum payments on your credit cards?
- Do you charge more each month than you pay on credit?
- Have you had problems with cheques being returned NSF?
- Have you gone over your limit on your credit cards, overdraft, or line of credit?
- Do you use your credit to cover regular monthly expenses because you can't afford to pay them with income?
- Do arguments in your household centre around money?
- Do you avoid thinking about and or dealing with your financial situation because it causes you stress?
- Off the top of your head are you unaware or uncertain about the total amount of debt you have from all sources?
- Have collection agencies been contacting you about debts that have been placed for collection?
- Has a creditor threatened legal action or said they were going to garnishee your wages?
- Have any of your assets been repossessed by a creditor?
- Are you considering a consolidation loan to help manage your debts?

If any of these scenarios apply to your situation you may want to get some information about your options. A bankruptcy or proposal can provide you with a fresh start and help to relieve the stress and sleepless nights that debt problems can create.