



Section 6: Breaking the Fall Quiz

1. Studies show that men are more stressed about money than women.

- True
- False

2. The only right way to manage money is to save more and spend less.

- True
- False

3. Focusing on the numbers will take care of all your money problems.

- True
- False

4. I am the expert in my own money life.

- True
- False

5. Money is more than transactions because of the human factor.

True

False

6. Money shame is about who I am, not what I do.

True

False

7. The financial world feeds on stress and anxiety.

True

False

8. We all think the same way about money

True

False

9. Money stress impacts all the relationships around you.

True

False

10. Managing stress is an important part of managing money.

True

False

- 1. False
- 2. False
- 3. False
- 4. True
- 5. True
- 6. True
- 7. True
- 8. False
- 9. True
- 10. True

Answers: