

# Money not the issue

## QUESTION:

My husband is very controlling around money and demands that I justify everything that I spend. He doesn't justify what he spends to me. This seems very unfair because I work and do not overspend, but I feel like when I stand up to him it only gets worse and sometimes I even feel a bit scared. I have started to hide what I spend now but that doesn't feel right either. How can I get him to stop badgering me in this way?

## Answer:

The difficult truth is that I don't believe you can get him to stop unless he is willing to look at what is underneath his need to control your spending. I am imagining you have rationally explained to him how and why you spend money, but that those conversations have ended being quite frustrating.

At the extreme, this type of "badgering" as you call it can be considered financial abuse. This is when one person is using money as a "tool" to control another person in order to feel more powerful. I have written "tool" in quotation marks to denote that it is not really the money that is the issue, but the means by which the controlling person can impact the other's



thoughts, emotions and feelings in a negative way.

Over time, these types of interactions leave the person who has been told they are doing something wrong (you with how you manage money) to feel blamed, insecure, and simply bad about themselves. The person who has been causing the negative interactions (your husband and his comments about your spending) has the experience of feeling powerful, superior, and in control as his partner (you) feels increasingly worse over time.

The important thing to remember and focus on is the fact that the problem is not the money but rather your husband's insecurity and his need to deal with his internal feelings in this way. I hope this

information helps you know you are not at fault, are not bad, and can trust your own sense of right and wrong. I hope it may also give you some support in not engaging in a back and forth conversation about your spending that will never end in a satisfying resolution for you. The difficult part is figuring out how you want to handle it, particularly because it is important that you make sure that you stay safe because his "badgering" could potentially escalate into some form of physical violence.

If what I have described is an accurate picture of what you are dealing with, I would suggest that you call our agency and come speak with one of our counsellors who are very knowledgeable about financial and other types of abuse. If that does not feel comfortable, I would suggest that you read a book titled *The Verbally Abusive Relationship*, by Patricia Evans. You can buy it at almost any bookstore and you may find it very helpful to better understand what is happening for you in your relationship. *Julia Staub-French, M.A., R.C.C., is director of clinical programs at Family Services of the North Shore. Questions? Write onthecouch@familyservices.bc.ca or call 604-988-5281.*

# Dangers exist in the backcountry

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We then joined forces and skied down together, hooting and hollering as we navigated our way through the trees to the bottom. There's nothing more satisfying than looking back up at your starting point and realizing the fantastic line you just skied.

Our friends, Brad and Simon, were waiting patiently at the bottom to take us back to the top for their turn. We spent all day sharing fresh tracks with the surrounding Coastal Mountains as our backdrop. If you would like to see us in action, then check out some video footage I posted on [www.noronalife.com/snow-movie](http://www.noronalife.com/snow-movie).

Backcountry travel has been extremely challenging this season and if you haven't taken at least a level 1 avalanche skills course and don't have the essential avalanche equipment then you have no right being out in the backcountry. In our



photo submitted

**COLUMNIST Dave Norona navigates through the trees on some fresh snow on Brohm Ridge. In light of recent events, he's encouraging individuals to take great care when travelling in the backcountry putting safety first.**

travels, we've seen numerous slopes cracking and sliding under the huge amount of fresh snow on a thin icy base. Slopes that have never seen release, or don't usually pose problems, are of particular concern because people think that because it has never happened before, then the snow probably will never release. Whether you are a snowshoer, snowmobiler or skier/snowboarder, stick to easy terrain and just because someone has gone there and it has not slid, don't believe it

to be safe. Let's make it easy on search and rescue and our loved ones and take care out there.

Visit [www.adventuresmart.ca](http://www.adventuresmart.ca) and [www.avalanche.ca](http://www.avalanche.ca) for up-to-date conditions and how to be prepared.

*Adventurer Dave Norona sends his condolences to all the families who have lost loved ones in avalanches this season. Please take care. His escapades are supported by Advil, PowerBar and Marin Bikes.*



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2:00 to 2:30 pm

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Iaido (live sword drawing)  
2:30 to 3:00 pm

Teens Demo  
1:00 to 1:30 pm

Open House  
3:00 to 3:30 pm

Aikido Weapons  
1:30 to 2:00 pm



### NORTH SHORE AIKIDO

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