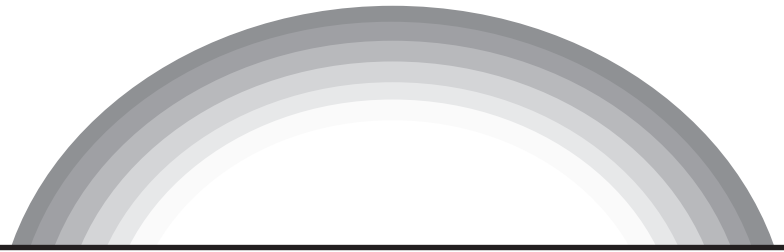


Disaster Recovery



Strengthen your marriage in stressful times

Money worries can lead to emotional stress for the whole family. Spouses may have different reactions to financial hardship. If the husband reacts to stress by being more negative, hostile, or irritable toward his wife, she may feel a loss of affection and satisfaction with the marriage.

- ✦ Men more than women tend to show hostile feelings toward their spouses as a result of money pressures.
- ✦ Women are more likely to react with anger to a spouse's negative behavior than to money problems.
- ✦ Both spouses may mistake each other's real feelings.
- ✦ When money is tight and the family faces uncertainty and hardship, both partners need to talk about how they are feeling.
- ✦ Finding ways to show love and affection toward each other builds strength to get through tough times.

Remember to show affection and talk things over together.

Families come first.

Prepared by extension specialists at Iowa State University.

. . . and justice for all

The Iowa Cooperative Extension Service's programs and policies are consistent with pertinent federal and state laws and regulations on nondiscrimination regarding race, color, national origin, religion, sex, age and disability.

Cooperative Extension Service, Iowa State University of Science and Technology and the United States Department of Agriculture cooperating. Robert M. Anderson, Jr., director, Ames, Iowa. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

IOWA STATE UNIVERSITY
University Extension

Ames, Iowa

Recovery-6 | August 1993