Financial and Economic Control

Purpose

Reflect on financial autonomy and restrictions.

How to use this worksheet

1. Read the information and prompts at your own pace.
2. Respond only to what feels comfortable; you may skip any part.
3. Pause whenever you need to.

Reflection prompts

Do I have access to essential financial information?

Can I make ordinary financial decisions?

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

Reflection prompts — continued

Have financial resources been used to influence my choices?

What financial questions would I like to discuss with a qualified professional?

References

Concepts informed by:

Department of Justice Canada. (2021). The Divorce Act changes explained. https://canada.justice.gc.ca/eng/fl-df/cfl-mdf/dace-clde/index.html

Reflection questions and worksheet layout are original clinic educational content.

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