

Newsweek

Faisal Tai, MD of PsychPlus on Coping with Power Balances in Relationships

Houston-based psychiatrist Faisal Tai told *Newsweek* about financial imbalances in relationships.

"The power balance in marriages and relationships can be a constant source of stress and anxiety since most people want to have a fair say in the important decisions made in their lives," Tai said. "And when there is a financial inequality, it can even threaten the very foundation of a relationship. In fact, American Psychological Association research shows that finances are a major source of conflict in one-third of all partnerships.

"The most advisable way to deal with this sort of stress is to have open and non-judgmental communication between partners in which decisions are made in a logical and even-handed manner," Tai added.

"If things get heated in these conversations, then taking a break is highly advisable. In addition, couples should consider developing a spending plan that incorporates goals of importance to both members. And therapists can play a very constructive role in these types of conversations, so their involvement is highly recommended for certain couples."

