Centered Connections
Theresa Herring, LMFT

HOUSEHOLD EXPENSES

	Budget	Actual	Difference	Notes
Rent/Mortgage				
Electricity				
Gas				
Internet				
Cable/Streaming				
Water/Sewer				
Garbage/Recycling				
HOA Dues				

AUTO/TRANSIT EXPENSES

	Budget	Actual	Difference	Notes
Car Payment				
Gas				
Maintenance				
Repairs				
Ventra/Metra				
Uber/Lyft/Taxi				

INSURANCE EXPENSES

	Budget	Actual	Difference	Notes
Home/Renter's				
Auto				
Health				
Life				

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LIVING EXPENSES

	Budget	Actual	Difference	Notes
Groceries				
Household Goods				
Cell Phone				
Clothing				
Pet Care				
Personal Services				
Day Care				

MISCELLANEOUS EXPENSES (Find your wiggle room here)

	Budget	Actual	Difference	Notes
Dining Out				
Entertainment				
Subscriptions				
Travel				
Charity/Gifts				
Therapy	$600/mo	$600/mo		

DEBT

	Budget	Actual	Difference	Notes
Loans				
Credit Card				

See what miscellaneous expenses that you are able to forgo so that you can prioritize therapy at this time. **Focus on what you want MOST** (being happy, feeling connected to your partner) **over what you want NOW** (a latte, a trip abroad, dinner out).

Here's to your awesome life and epic relationship!