

Understanding and Using Credit

Financial Stress Test

Answering yes to any of the following questions could mean you are having credit trouble.

Yes No

- Are payments to creditors taking up more and more of your monthly income?
- Have you lost track of how much money you spend each month on debt?
- Are you at, or over, the limit on any of your lines of credit?
- Do you have to decide which bills to pay each month and which to put off until the following month?
- Do you pay late penalties often or every month?
- Do you make only the minimum payment month after month or skip payments?
- Do you find yourself borrowing from one card to pay another?
- Do you frequently use cash advances from credit cards?
- Do you write post-dated checks to pay bills?
- Do you charge small expenses because you do not have the cash to pay for them?
- Do you use your savings to pay current bills and everyday expenses?
- Has your credit card been declined or have you been turned down for additional credit?
- Have you been putting off medical and dental visits, car repairs, or other maintenance because you don't have the cash to pay for it?
- Are creditors starting to contact you for payment?
- Have you lost track of how much you owe?
- Do you worry a lot about money?

If you need help, see "What to Do if You Need Help."