

A woman, her wallet, and the stories they tell

May 30, 2025: Let's talk about money. What if we gave it a real try

Have you ever noticed how we can talk about almost anything with our friends? Love, work, children, travel. And yet, there is one topic that often remains off-limits: money. We can share the most intimate details, but not how much we earn, how much we spend, or what we manage to save. Why does this taboo still hold so much power?

Maybe it is because we are afraid of being judged. Or maybe it is because we were raised to believe that money is not something polite people talk about. Whatever the reason, it is a shame.

I remember being invited to dinner with friends. Nothing fancy, just a casual night out to catch up and unwind. But that evening, I simply could not afford it. I dodged the conversation and made up an excuse. Still, I was left with a lingering discomfort. Why was it so hard for me to say it out loud? To name my reality without shame or fear of being judged? I found myself wondering: what would have happened if I had just been honest?

- Maybe they would have suggested a more affordable alternative.
- Maybe one of them would have admitted that she too felt like going out

had become too expensive.

- Or maybe they would have gone without me, and it would not have changed anything about our friendship or my place in the group.

In the end, none of those outcomes sound particularly dramatic. Funny how we often imagine worst-case scenarios that turn out to be much lighter in real life.

That moment made me wonder why talking about money feels so complicated. After all, we have no problem discussing relationship struggles or family tensions. Why should money be any different?

The more I thought about it, the more I realized that money is not just about numbers. It is tied to our values, our sense of self-worth, and even our definition of success. Talking about personal finances can feel like exposing a part of ourselves we would rather keep hidden. Admitting that we are struggling to make ends meet, or on the flip side, saying that we are doing well financially, can open the door to judgment or envy.

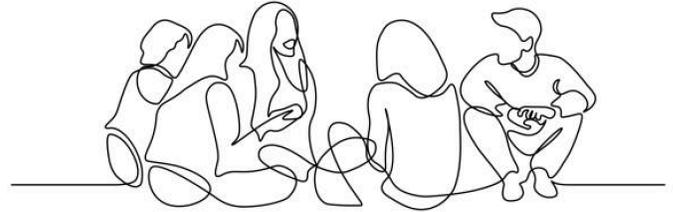
And to make matters more complicated, many of us were never taught how to

manage money in the first place. That lack of financial education creates a collective discomfort. So we tiptoe around it. We stay vague. We change the subject.

Thankfully, I feel like things are beginning to shift. More and more women are opening up about their savings strategies, financial mistakes, and money wins on social media. They are showing us that talking about money is a way of reclaiming our power to make informed decisions.

So why not join the movement? Here is my challenge for you. At your next girls' night or family dinner, try bringing up the topic of money. You could ask if anyone has tips for managing a budget, or if they have ever negotiated a raise. Pay attention to how people respond. Are they curious, or do they seem uncomfortable? Listen to their stories, share your own, and most importantly, let go of the guilt that often

comes with talking about money. You might discover that you are not the only one juggling financial decisions. Or perhaps your perspective could genuinely help someone else around you.



In the end, the more we learn to speak freely about money, the more empowered we become to make confident, informed choices. So, are you ready to break the taboo and take on the challenge?

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