

## Study shows money makes us worry

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A new study from the BBC shows that looking after money isn't easy. Over 109,000 people took part in the BBC's Big Money Test. It was one of the biggest ever studies

on money psychology. One of the biggest findings is that money makes many people feel bad. Researchers say over 40 per cent of us always worry about spending money; a third of us constantly worry about money; and the same percentage feel guilty when spending money on themselves. The study found that women like to go shopping to make themselves feel better about life, while men are more likely to save their cash. Women are more generous with their money and are also more likely to suffer from money problems.

The researchers also looked at ways shops try and make us spend our money. It showed how stores are continually looking at new ways to make us buy things on impulse. It asks why candies and chocolate are always by the checkout in supermarkets; why "everyday essentials like bread and milk are at the back of the shop so you have to walk through as many aisles as possible to reach them;" and why the perfume and jewellery sections are always at the front of a department store. The test says that buying things on impulse can be bad for our finances: "People who bought goods impulsively were three times more likely to go bankrupt, and four times more likely to run out of money by the end of the week."

Source: /www.bbc.co.uk/science/0/21360144

### Writing

*Money is the root of all evil.* Discuss.

### Chat

Talk about these words from the article.

*new study / the BBC / psychology / spending money / money problems / shopping / shops / buying things on impulse / checkouts / supermarkets / finances / bankrupt*

### True / False

- Almost 110,000 took part in a BBC study on money. T / F
- The BBC research was the biggest ever on the psychology of money. T / F
- The research says 40% of us worry about money all the time. T / F
- The researchers said men are more generous than women with money. T / F
- The article says we look for new ways to buy things on impulse. T / F
- The research questions why milk is always at the back of the store. T / F
- The study found impulse buying is not so good on our wallets. T / F
- Impulse buyers are 3 times likelier to go bankrupt. T / F

### Synonym Match

- |                  |                  |
|------------------|------------------|
| 1. looking after | a. techniques    |
| 2. took part     | b. kind          |
| 3. psychology    | c. walkways      |
| 4. guilty        | d. participated  |
| 5. generous      | e. at fault      |
| 6. ways          | f. spontaneously |
| 7. essentials    | g. caring for    |
| 8. aisles        | h. ruined        |
| 9. impulsively   | i. mindset       |
| 10. bankrupt     | j. necessities   |

### Discussion – Student A

- How do shops make us buy things?
- Do you always believe adverts that tell us why we need something?
- Why are candies always by the checkout in supermarkets?
- Why do stores put bread and milk at the back?
- What things have you bought on impulse? Were you happy after?
- What money advice would you give to people?
- Do you ever run out of money?
- What questions would you like to ask a money expert?

## Phrase Match

- |                              |                        |
|------------------------------|------------------------|
| 1. looking after             | a. better about life   |
| 2. studies on the psychology | b. our finances        |
| 3. a third of us constantly  | c. from money problems |
| 4. make themselves feel      | d. on impulse          |
| 5. more likely to suffer     | e. out of money        |
| 6. buy things                | f. money isn't easy    |
| 7. everyday                  | g. aisles as possible  |
| 8. walk through as many      | h. worry about money   |
| 9. bad for                   | i. of money            |
| 10. more likely to run       | j. essentials          |

## Discussion – Student B

- What money worries do you have?
- Do you think you will have more money in the future?
- Is it easy to look after money?
- Have you ever bought something and felt guilty?
- Do you need everything you buy?
- How does shopping make you feel?
- How generous are you?
- Are you good with money?

## Spelling

- studies on the gspohlcooy of money
- a third of us coalnytnst worry about money
- feel tyguil when spending money
- go shopping to make mtheevesls feel better
- Women are more gusereon with their money
- more likely to fuefrs from money problems
- stores are yoncntllau looking at new ways
- always by the uchotcek
- everyday slintsae like bread and milk
- the frueepm and jewellery sections
- bad for our efnncsia
- three times more likely to go rtpbkuan

### Answers – Synonym Match

1. g	2. d	3. i	4. e	5. b
6. a	7. j	8. c	9. f	10. h

## Role Play

**Money expert** - You believe most people have no idea about how to look after their money. Tell the others three reasons why. Tell them they should cut their spending by half. Tell them that they did not need 2 of the last 5 things they bought. You think people should spend less and save for their future.

**Shopaholic** - You cannot stop shopping. Tell the others three reasons why. You know you should save money but it's difficult. You keep buying things you don't need. You have many clothes you have never worn. You hate stores for telling you to buy things but cannot stop spending.

**Big spender** - You love spending money. Tell the others three reasons why. You think shopping is a great way to relax and it makes you feel great. Tell the others it's much better to have fun now instead of saving money for your future. Ask the shopaholic to go shopping with you.

**Ex-advertiser** - You feel guilty about your past job. You had to think of ways to get people to buy your company's products. Tell the others why you feel bad. Tell them some of the tricks stores use to get people to buy things. Give everybody advice on how to not buy things in stores.

## Speaking – Money Worries

Rank these and share your rankings with your partner. Put the best at the top. Change partners often and share your rankings.

- |                 |                           |
|-----------------|---------------------------|
| • retirement    | • the size of your salary |
| • paying bills  | • rising prices           |
| • food shopping | • the economy             |
| • saving        | • bankruptcy              |

### Answers – True False

a	T	b	F	c	F	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.