



When the Bills Break the Bond: How Cost of Living Pressures Are Driving Couples Apart

Financial stress has long been one of the leading causes of relationship breakdown, but today's cost of living crisis is pushing couples to breaking point like never before. Rising mortgage repayments, soaring grocery bills, energy costs, and stagnant wages have created a perfect storm of pressure inside the home — and for many couples, the tension simply becomes too much to bear.

Research consistently shows that money arguments are among the most destructive forces in a relationship. When financial strain becomes chronic, resentment builds, communication breaks down, and separation often follows. Sadly, what begins as a shared economic struggle can quickly become a

costly legal battle.

This is where a Binding Financial Agreement (BFA) — sometimes called a prenuptial or postnuptial agreement — becomes invaluable. Rather than leaving asset division to the courts, a BFA allows couples to agree in advance on how property, savings, and debts will be divided if the relationship ends. It removes uncertainty, reduces animosity, and can save thousands in legal fees.

Whether you're entering a relationship, already married, or sensing trouble ahead, getting a financial agreement in place is one of the smartest decisions a couple can make. Protecting yourself financially isn't a sign of distrust — it's a sign of maturity.



FREE 10 MINUTE CONSULTATION

For a **FREE** confidential
10 minute phone
consultation, call Managing
Director, Fiona Reid.

Fiona Reid is the Managing Director of Reid Family Lawyers, a boutique specialist family law firm with offices in Brookvale and Surry Hills. She is supported by a team of expert family lawyers. The firm has a wealth of experience in all facets of family law including complex property matters, parenting matters, child support and spousal maintenance issues, relocation, de facto and same sex issues, surrogacy and adoption.



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