

ATM	cash	habit	avoid	temptation
encourage	overdrafts	withdrawning	run out of	borrow

Ms Friedgut advises [ ] a certain amount of cash from an [ ] each week to spend in local shops or on the high street. 'There is a massive danger with debit cards. Companies like these methods because they [ ] customers to spend money. Limiting yourself to [ ] really helps you to control your spending' If you [ ] cash, you should resist the [ ] to use your debit card so you can learn to live within your limits. For that reason, it may also be sensible to [ ] accounts that offer large [ ] so that you do not [ ] without a very good reason. It's also important to get into the [ ] of checking your bank account regularly. This has now become easier with new online banking services and apps.