ATM	cash	habit	avoid	temptation
encourage	overdrafts	withdrawing	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.

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