

WITH 36 YEARS OF EXPERIENCE  
AND 1,000+ CASES



DEBT SOLUTIONS  
MADE SIMPLE:  
**A PRACTICAL GUIDE**  
**FOR AUSTRALIANS**

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BY DOUG CONSTABLE

# Introduction – Beyond the Glamour

Debt can feel overwhelming, but you're not alone. Every year, thousands of Australians find themselves struggling with personal or business debt. The good news? There are real, practical solutions available.

Whether you're an individual worried about credit cards, a small business under ATO pressure, or a company director concerned about insolvency, the right help can make all the difference.

At Resolvency, Resolve Business Solutions, and through my personal advisory work at [DougConstable.com.au](http://DougConstable.com.au), I've spent more than 40 years guiding people out of financial distress. The goal isn't just short-term relief – it's about building strategies to avoid repeating the same mistakes.





## The Hidden Impacts of Debt

Debt isn't just about money owed. Left unchecked, it creeps into every part of life:

- Mental health: stress, anxiety, even depression
- Physical health: insomnia, high blood pressure, exhaustion
- Decision-making: fear and denial often lead to bad financial choices
- Relationships: debt strain can cause tension with family, staff, or partners

The Australian Psychological Society has consistently reported that financial stress is the number one cause of pressure in households. Add to that the challenges of COVID-19, inflation, and rising interest rates, and it's no surprise many businesses and individuals are struggling.

Ignoring the problem doesn't make it go away. In fact, it usually makes it worse.



## Common Emotional Traps

When debt mounts, it's easy to fall into emotional cycles like:

- Denial: "Things will fix themselves soon."
- Anger: leading to rash decisions.
- Fear: causing delays in action.
- Shame: stopping people from seeking help.

But here's the truth: debt is not a moral failure. It's a financial challenge – one that can be managed with the right guidance.

## A Real Story: How 'David' Turned Things Around

Not long ago, I worked with a business owner I'll call David.

David had been successful for years but ignored mounting problems in sales, tax, and cash flow. When COVID hit, he cut staff and tried to manage everything himself. Within months, his profitable business was drowning in debt.

By the time he called me, he was exhausted, angry, and terrified of losing everything.

Together, we:

- Negotiated with creditors and the ATO
- Restructured his debt and refinanced key obligations
- Rebuilt his management team
- Adjusted his business model to survive in a changing market

Today, David's business is back on track. His stress levels dropped, his staff are engaged again, and he avoided bankruptcy.

This is what proactive debt management looks like.

## Debt Solutions Available in Australia

Every situation is unique, but here are some of the most effective pathways:

- Informal negotiations with creditors
- Refinancing or consolidation of loans
- ATO tax debt arrangements
- Business restructuring plans
- Formal insolvency solutions (bankruptcy, liquidation, voluntary administration)

At Resolvency and Resolve Business Solutions, we don't believe in one-size-fits-all. We assess your financial situation, explain your options in plain English, and work alongside you to protect assets, reduce stress, and rebuild confidence.



## Why Being Proactive Matters

Debt rarely disappears on its own. The longer you wait, the fewer options you have. Acting early means:

- More control over the process
- Better outcomes with creditors and the ATO
- Reduced emotional and physical stress
- A clear plan to move forward

As I often say: It's better to be proactive than reactive when it comes to debt.



## Taking the Next Step

If you're facing financial challenges – whether personally or in business – the best step you can take right now is to talk to someone who understands debt solutions inside and out.

At **DougConstable.com.au**, you'll find personal insights and practical crisis coaching.

At **Resolvency.com.au**, we focus on helping business owners under pressure.

At **ResolveBusinessSolutions.com.au**, we provide hands-on restructuring, creditor negotiations, and business advisory.

No matter where you are in your journey, help is available. You don't have to do this alone.

Call Doug Constable on 0499 499 899

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