



## Things You Control

### Protecting Your Identity – Freezing your Credit

Cybersecurity is an important topic because cybercrime can be very harmful financially. At a very fundamental level there are three typical cybercrimes committed quite regularly.

- Privacy Loss
- Identity Theft, and
- Asset (financial and digital) theft.

These days with the rampant use of the internet for all types of activities, privacy loss is the “table-stakes” of modern life. But, Identity theft is also on the rise and there are steps we can take to protect ourselves. For example, by freezing your credit.

When you freeze your credit, the credit bureaus reject attempts by any person to get your credit report. And, without a credit report it is very difficult to impersonate you. Thieves want to impersonate you so they can open accounts for credit cards or loans and use your name and credit history to get money for their benefit.

The process is surprisingly easy and quick.

Here is how to do it for the three dominant credit bureaus: Experian, Equifax, and TransUnion.

#### EXPERIAN

[Freeze or Unfreeze Your Credit File for Free - Experian](https://www.experian.com/freeze/center.html)

<https://www.experian.com/freeze/center.html>

Create an account (Follow steps – straightforward)

On Last step – click Freeze Account

To Unfreeze:

Use same link as above > sign in to your account

#### Your file is frozen

Security freeze blocks most access to your Experian credit file, while still allowing you to view and monitor your credit.

Unfrozen

Frozen

[Schedule a thaw](#)

[Notice of rights](#)



#### Your Experian credit file is unlocked.

Lock your credit file to prevent identity theft.

[Upgrade to lock your file](#)

Experian CreditLock is a separate service from a security freeze.  
[Learn more about the differences between CreditLock and security freeze](#)

They may try to upsell you!! Note that you want to use “security freeze” – the free service.

## EQUIFAX

[Security Freeze | Freeze or Unfreeze Your Credit | Equifax®](#)

<https://www.equifax.com/personal/credit-report-services/credit-freeze/>

Create an account (Follow steps – straightforward)

On Last step – click Freeze Account

To Unfreeze:

Use same link as above > sign in to your account

Click “Manage Freeze” > follow steps.

Or call 1-888-298-0045

## TRANSUNION

[Credit Freeze | Freeze My Credit | TransUnion](#)

<https://www.transunion.com/credit-freeze>

Create an account (Follow steps – straightforward)

On Last step – click Freeze Account

To Unfreeze:

Use same link as above > sign in to your account > Unfreeze account

All three Bureaus took about 30 mins in total, and the peace of mind is really nice.

So why is an investment advisor interested in helping you protect yourself against cybercrime?

For one, I believe that whether you lose money in an investment or whether someone steals it from you – You lost money! (Except that if you lose money with investments you hold a reasonable hope for recovering your losses – especially if you have a well-diversified portfolio).

Secondly, my business (investment management) is a heavily regulated one and my regulators are putting increasing focus on reducing cybercrime, especially as we all age.

Third, 30 mins to make it harder to steal your identity is such a small price to pay.

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## Why Things You Control are Important

In Investing (as in Life) we can: hope, worry or plan.

I believe that when we hope or worry, we are largely looking at the future and are focused on things we do not control. We hope the markets will get higher and we will make money. Or we worry that markets will collapse and we may lose all our money. And yet, deep down in our hearts, we know that whether our thoughts are optimistic or pessimistic they simply do not influence future outcomes.

We can also look at the future plan-fully. When we do this we tend to focus on the things that we do control. And, by picking activities that are in our control and that are important to our future we have a far better chance of achieving our goals. Of course, life holds few guarantees! So, for example, while we all hope that our favorite stock pick will be a high performing stock, not implementing a properly diversified portfolio is plainly irresponsible to our financial well-being.

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Dushyant Pandit

Founder and Investment Advisor

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*DorchesterAdvisors is a Registered Investment Advisor in NJ, NY and MI.*

## Our Financial Planning Principles

*Without a Purpose, accumulating money can become a soul-less task. A financial plan gives your savings a purpose.*

*It's OK to be broke when you are young - not so when you are old: Studies show that people typically tolerate risk and uncertainty better when they are younger.*

*Getting down from Mount Everest is as important as getting up: Pay as much attention to accumulating money before you retire as you do to consuming it after you retire.*

*Planning is life-stage dependent: The principles of saving and investing money in your early years are very different from the techniques that you use in retirement to generate a reliable income stream.*

*Financial confidence comes from being on top of your taxes, protecting yourself from risks, having a clear picture of your investments and debt, and specific targets for saving and spending.*

*Achieving financial independence requires a careful balancing of Income, expenses, taxes, and savings. This balancing act (planning) is not intuitive, nor can it be done well on the back of an envelope, but effective plans do give more peace of mind.*

*Identify your true risks (in contrast to investment volatility, labelled as risk, or uncertainty) and take action to manage them using the correct risk management tools. Pick the right tools for the job - investments won't manage the risks you face, risk products (insurance) won't deliver the growth and flexibility you need.*

*Taxes remain important even after you retire. However, in retirement your investments become the principal source of your income and hence drive your taxes.*

*In matters of health: it's your body but your doctor knows better how your body works. So it is with your money: A partnership with an advisor will help you to reach your financial goals - you save, they help your savings grow. Together you can get there faster.*