

Making Deposits into the "Emotional Bank" of A Relationship

What to Know

In a like real bank account, you obviously need to make more deposits than withdrawals. When you have a lot more deposits than withdrawals you feel really good about what you are doing.

Some people say that relationships have an "emotional" bank account, where people make deposits and withdrawals. When you do something to make another person feel great, you make a deposit into the emotional bank account of the relationship. When there are arguments or other expressions of conflict, the relationship might not feel good because there has been a "withdrawal" from the account. If the overall total, or "balance," of the account is positive over time, you will probably feel close with the other person and even occasional withdrawals won't harm the connection.

Examples of deposits:

Keeping promises

Doing small acts of kindness

Being a good listener

Being honest

Using your talents and skills to help others

Being happy when others succeed

Trusting yourself and others

Other ways you can make deposits:

Examples of withdrawals:

Breaking promises

Being rude or gossiping

Not listening to others or interrupting

Being dishonest

Giving in to peer pressure

Getting jealous easily

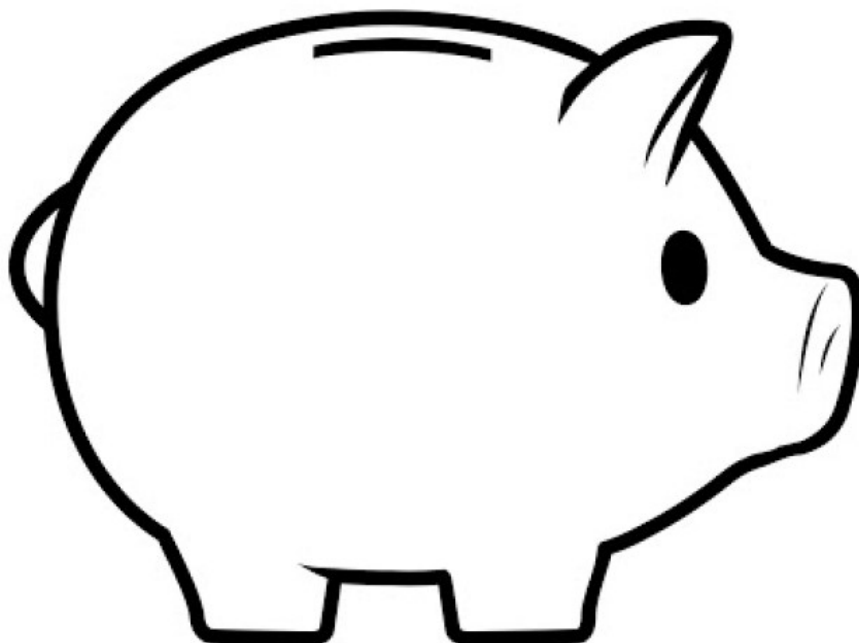
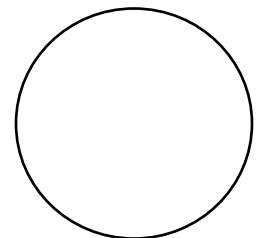
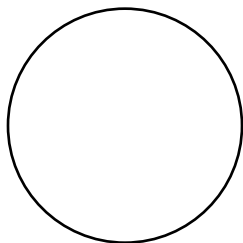
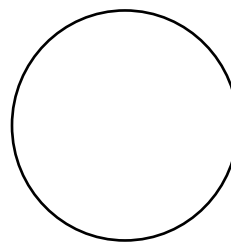
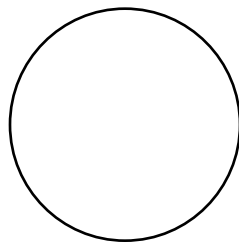
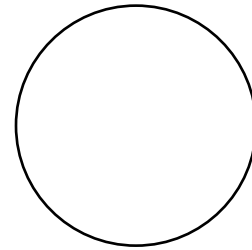
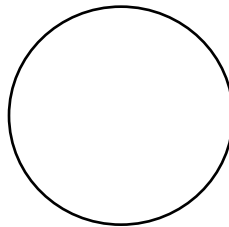
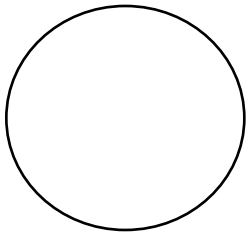
Not trusting yourself or anyone else

Other types of withdrawals:

Think about a relationship that might be difficult. Maybe you argue frequently with a relative, or perhaps your friend is upset with you. Inside the piggy bank, describe the problems you're having with another person. .

In the coins below, fill in ways you can make deposits into the emotional bank account you have with this person.

Person's Name _____



Describe the ways you and the other person have made "deposits" from your emotional bank account.

Think about ways you both have made "withdrawals" from your emotional bank account.

Write down one thing you can do to make your next deposit into the emotional bank account you have with this person. When will you do it? Be specific!
