

Activity: The Emotional Bank Account

The Emotional Bank Account is a metaphor that describes the amount of trust you build in a relationship where emotional “deposits” and “withdraws” are made. If a relationship is out of balance, it becomes tense, disconnected, labored, and lacks trust. It is important to be mindful of your actions and make sure you are depositing more than you are withdrawing to keep a positive balance in your relationships.

Deposits = a positive action

Withdraws = a negative action

This is an effective tool to help us understand, maintain, and build important relationships. Feel free to talk it over and check-in to see if what you labeled as a deposit or withdrawal aligns with the other person's perspective.

As with any journaling experience, keep what is yours and share what you want.



Person:

[illegible]

Space to Grow: