

# The Relationship Bank Account

How are your relationships with...  
Lousy.....>Excellent

Your friends?	1	2	3	4	5	
Your siblings?	1	2	3	4	5	
Your parents/guardian?	1	2	3	4	5	
Your girlfriend or boyfriend?		1	2	3	4	5
Your teachers?		1	2	3	4	5

What are some of the reasons for the trends you see in your relationships above?

Why is success with yourself so important in order to have successful relationships with others?

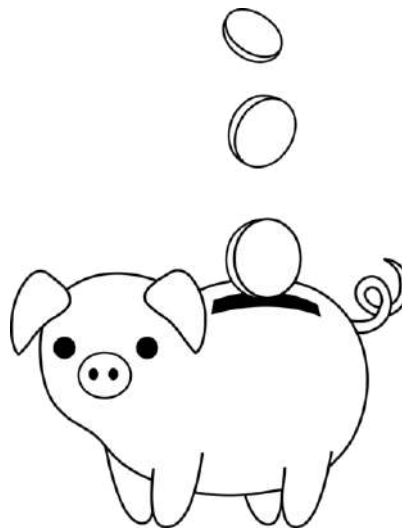
Think of your relationships as a bank account, we'll call it the "relationship bank account" or RBA. It is much like a checking account at a bank. When you make a deposit, you improve or strengthen the relationship. When you make a withdrawal, the relationship becomes weaker. Strong relationships are built from steady deposits over a long period of time. Think about your relationships with the people from the survey above. Are you making more deposits or withdrawals? How does it affect your rating of the relationship?

Examples of RBA Deposits  
Withdrawals

Examples of RBA

\_\_\_\_\_ 's RELATIONSHIP BANK ACCOUNT  
LEDGER

For the following week, keep track of the withdrawals and deposits you make in the bank accounts of other people. Use this paper to record your progress



Day	Person Affected	Deposit (+)	or
Withdrawal (-) ?			

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