

RELATIONSHIP BANK ACCOUNT
EMOTIONAL BALANCE SHEET

My Actions towards them: What I Deposit or Withdraw/s towards them

Type of Action	Communication
Relationship Type	
Relationship	

	Date or Time Period	My Action Type (Deposit/Withdrawal)	ACTS (Micro-acts or Macro-acts)	My Action Description	Points (+/-)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					

Total Emotional Balance:

Their actions towards me: What he/she Deposit or Withdraw/s towards me

Type of Action	Communication
Relationship Type	
Relationship	

	Date or Time Period	My Action Type (Deposit/Withdrawal)	ACTS (Micro-acts or Macro-acts)	My Action Description	Points (+/-)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					

Total Emotional Balance: