

Relationship Audit

Often times, we fail to take inventory of our most important relationships. For this reason, I have created a "Relationship Audit" that is designed to help you understand how much equity or debt you carry in your key relationships and what this means to you personally going forward.

Instructions: Circle, or write down, your account balance for each labeled relationship.

Spouse -5 -4 -3 -2 -1 0 1 2 3 4 5

Children -5 -4 -3 -2 -1 0 1 2 3 4 5

Parents -5 -4 -3 -2 -1 0 1 2 3 4 5

Siblings -5 -4 -3 -2 -1 0 1 2 3 4 5

Friends -5 -4 -3 -2 -1 0 1 2 3 4 5

Employer -5 -4 -3 -2 -1 0 1 2 3 4 5

Other 1 -5 -4 -3 -2 -1 0 1 2 3 4 5

Other 2 -5 -4 -3 -2 -1 0 1 2 3 4 5

Balance Summary

Next, reference the "Balance Summary" below to gain more clarity on the status of each of these relationships and the repercussions of your next transaction.

Balance Summary:

4 to 5: You consistently contribute to the health and success of the relationship. You have established a high level of trust and credibility. An emotional withdrawal should have little to no impact on how the other party feels about you.

1 to 3: You periodically contribute to the health and success of the relationship. You have established some level of trust and credibility. An emotional withdrawal should not negatively impact this relationship in the near term but immediate deposits are needed to provide buffer to avoid future resentments and tension.

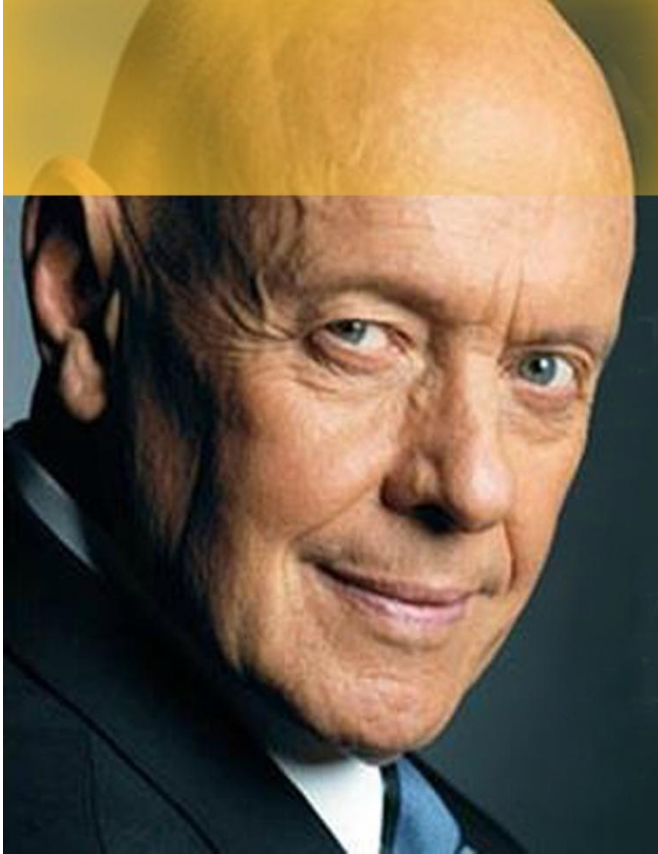
0 : You are in a vulnerable position where one deposit or withdrawal will lead you to a positive relationship (see 1 to 3) or a negative relationship (see -1 to -3).

-1 to -3: You have little to no credibility and trust in this relationship. Your withdrawals are greater than your deposits. An additional withdrawal will result in further resentment (seen or unseen) and tension. Immediate deposits must be made to restore the relationship back to a positive balance.

-4 to -5: You have lost all credibility and trust in this relationship. Your withdrawals far outweigh your deposits resulting in heavy debt. To salvage the relationship major action needs to be taken. This is not a quick fix. Sustained deposits over an extended period of time are the only way to get the relationship to a healthy place where both parties can heal and move forward.

The next time one of your relationships (close or distant) responds with animosity, resentment, distance or deception take time to evaluate your account balance with that individual. You may be surprised to find that you lack sufficient funds with him/her. If such is the case, reference the Stephen R. Covey graphic on the following page to start the path towards emotional equity and interest by ridding yourself of the consequences of existing debt and fees.

6 Major Ways to make Deposits in an Emotional Bank Account



6 Major Ways to make deposits in an Emotional Bank Account

1. Understand the individual
2. Attend to little things
3. Keep commitments
4. Clarify expectations
5. Show personal integrity
6. Apologize sincerely when you make a "withdrawal"

Stephen R. Covey
1932 - 2012