

# THE RELATIONSHIP BANK ACCOUNT

Relationships Are Like a Bank Account: You can make daily deposits or withdrawals that affect your total balance and overall health of your relationship.

THIS WORKSHEET WAS INSPIRED BY THE GOTTMAN INSTITUTE (GOTTMAN.COM)



## THINGS I CAN DO TO ADD TO MY BANK:

When you turn towards your partner's bids for affection and engage with them positively, you add to your Relationship Bank.

- Affectionate touching
- Facial expression (smile, blow kiss)
- Playful touching (dancing, gentle bump)
- Affiliating gestures (open a door, offer place to sit)
- Vocalizing (Laugh, Say 'I love you')

## THINGS TO AVOID THAT SUBTRACT FROM MY BANK:

When you turn away from your partner's bids for affection and engage with them negatively, you subtract from your Relationship Bank.

- Interrupting
- Blaming
- Criticizing or Judging
- Saying hurtful things.
- Withholding affection.
- Invalidating their feelings.
- Turning down a bid for connection.

## THE 5:1 RATIO:

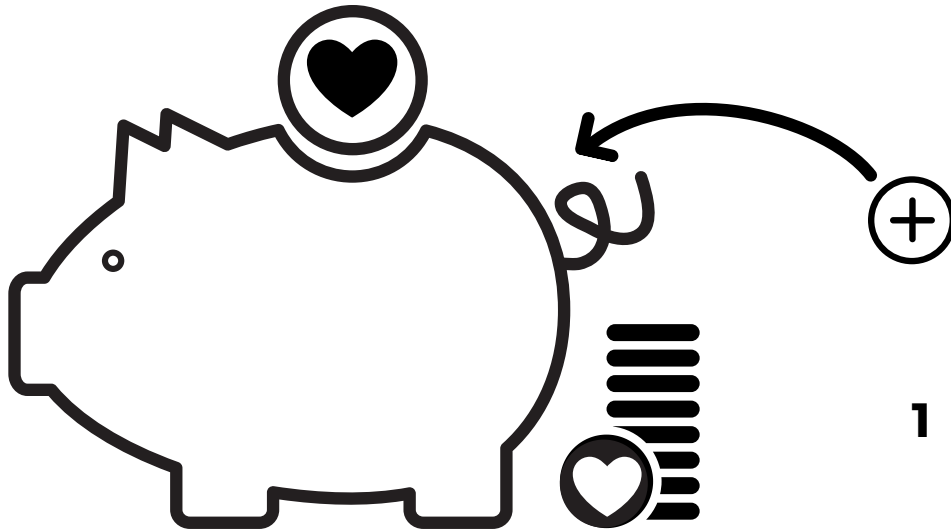
Experts recommend making FIVE deposits for every ONE withdrawal you make!



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**LIST 5 THINGS YOU WILL DO TODAY TO ADD TO YOUR RELATIONSHIP BANK:**

1

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2

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3

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4

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5

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