

THE EMOTIONAL BANK

Everyone has what might be called an 'Emotional Bank' (or 'Emotional Tank') (Gary Smalley).

- We make deposits into our partner's emotional bank by building them up emotionally, by encouraging and affirming them. Compare the list on the left of the picture with Gary Chapman's *Five Love Languages*.
- We make withdrawals from the bank by tearing them down emotionally, whether intentionally or not.



We all do it from time to time, and the way our partner responds to emotional withdrawals depends on the balance in the account, whether it is a healthy surplus, marginal or overdrawn. Gary Smalley suggests that we can divorce-proof our marriages by keeping a healthy credit level on the ledger, and not letting it go into debit. It is good to learn what things represent a deposit and a withdrawal for your mate because he or she probably sees things differently to you. This concept also applies to other relationships, especially parents and children.

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