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Monday, August 11 2014

Hello reader, here is our newsletter for this week.

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We check our finances, our agendas, our "deadlines", but what about our emotional bank account?

What is an emotional bank account? It is a deposit or withdrawal that is done consciously or not in the "imaginary" account of each person with whom one interacts. Whew! you say, it's exhausting to do this calculation.

Not really, it just happens naturally. Imagine for a moment you are interviewing for a new job and your future boss is great in the interview = +10. During the first two weeks, everything runs perfectly +20. Your new colleagues ask you

how it is going with the boss with a corner smile and you answer, it's great!  
Without asking yourself too many questions.

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The third week, you feel the impatience of your boss, he gets tense = 0 points.  
The next week it's aggression and shouting towards you in the hallway in front  
of your colleagues = - 50. For a total of -30 after a month (+ 10 + 20 - 50 = -30).  
This is the emotional bank account.

I am always stunned when I see people who think they I can forget about all the  
negative aspects of our past and think they can have a rewarding relationship  
with me overnight. Someone recently told me that the person "abused" forgets  
slower than the "abuser". And I realized that it's true. I used to have a boss who  
yelled at me in the corridor in front of everyone, who refused my requests for  
career advancement, etc. His bank account was - 1000 as far as I was  
concerned and this person could do nothing but absolutely nothing to turn his  
account to black (positive).

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Still, he tried ... He covered me with compliments, I was the best and he told  
everyone how he liked me. Total overcompensation! But he has never  
apologized for his attitude. He never took responsibility for his actions. And if he  
was like that with me who has a strong personality and was able to climb the  
ladder in spite of him, imagine what he did to those less confident. Perhaps, his  
apology would have reduced the negative of his account.

The more a relationship is long and intimate (good or bad), the more it's difficult  
to raise or lower the bank account balance. There are people in my personal life  
who are so in the black that they could do almost anything and they would  
remain with a positive balance for a long time. There are others with whom I  
do not feel like wasting my time because they are very much in the negative  
and have been for so many years.

By the way, these bank accounts are very personal. A -10 for me does not mean -10 for you. All depends on the relationship with the person, who we are and our tolerance.

The first time I read about the emotional bank account was in the book *The 7 Habits of Highly Effective People* by Stephen Covey. Excellent book. This discovery has allowed me to understand many relationship and put my "emotional" efforts in the right place and with the right people.

Sophie




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Book: in Paperback or Kindle



*"When we can no longer change a situation, we are challenged to change ourselves".*

VIKTOR FRANKL