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Hello reader, here is our newsletter for this week.



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.

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).

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



Web Site: www.helperetoday.com

Book: in Paperback or Kindle



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

VIKTOR FRANKL