

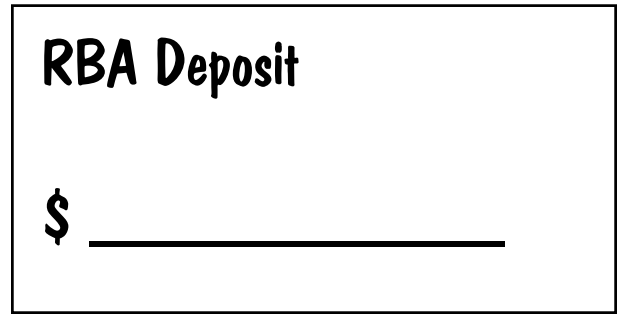
# Relationship Bank Account (RBA)

*(From Covey's 7 Habits of Highly Effective Teens)*

Your ability to get along with others will largely determine how successful you are in your career and your level of personal happiness.

The Relationship Bank Account (RBA) is very much like a checking account at a bank. You can make deposits and improve the relationship, or take withdrawals and weaken it.

A strong and healthy relationship is always the result of steady deposits made over a long period. Although there are similarities, the RBA is different from a financial account in three ways:



- (1) Unlike a bank where you may have only one or two accounts, you have an RBA with everyone you meet. Suppose you come across a new kid in the neighborhood. If you smile and say hello, you've just opened an account with him. If you ignore him, you've just opened an account as well, although a negative one. There's no getting around it.
- (2) Unlike a checking account, once you open an RBA with another person, you can never close it. That's why you can run into a friend you haven't seen in years and pick up right where you left off. Not a dollar is lost. It's also why people hang on to grudges for years.
- (3) In a checking account, ten dollars is ten dollars. In an RBA, deposits tend to evaporate and withdrawals tend to turn to stone. This means that you need to continually make small deposits into your most important relationships just to keep them in the positive.

So how can you build a rich relationship or repair a broken one? It's simple. One deposit at a time. It's the same way you'd eat an elephant if you had to. One bite at a time. There is no quick fix. If your relationship with your family is \$5,000 in the hole, you will need to make \$5,001 worth of deposits to get it back in the positive.

When was the last time someone deposited something in your account? Or, when was the last time you deposited something in another person's account?

Every time you deposit something into another's account it builds responsibility and trust for you.

Fill out the 'Can You Be Trusted' survey to see how large your RBA is.....

## Can You Be Trusted?

Read each statement then number the statement that best describes you - 1 (untrustworthy) 2.....3.....4.....5 (trustworthy)

### Can you be trusted to:

- \_\_\_\_\_ come home on time?
- \_\_\_\_\_ keep a secret?
- \_\_\_\_\_ tell your parents where you are really spending the night?
- \_\_\_\_\_ be where you said you would be?
- \_\_\_\_\_ leave a party if there is drinking?
- \_\_\_\_\_ take care of clothing you've borrowed from a friend?
- \_\_\_\_\_ take care of clothing you've borrowed from a family member?
- \_\_\_\_\_ call an adult when you need help?
- \_\_\_\_\_ tell the truth even when it may get you in trouble?
- \_\_\_\_\_ tell the truth when it may get a friend in trouble?
- \_\_\_\_\_ baby-sit and care for younger children?

### Are you trusting enough to:

- \_\_\_\_\_ tell a friend a secret?
- \_\_\_\_\_ lend your favorite shirt to a friend?
- \_\_\_\_\_ share your feelings with a small group of students?
- \_\_\_\_\_ share your feelings with an adult?
- \_\_\_\_\_ depend on your friends to do what they say?