

Emotional Bank Account Module

My Companion — Persons with Disabilities

Name: _____

Date: _____

This page is your companion for the activities that your facilitator is running today. Use it in whatever way works best for you: writing, dictating, or asking someone to help you fill it in. Nothing here is graded, and there are no wrong answers.

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

WHY THIS HELPS YOU

- The people who get the most from their relationships build them up early, before they ever need to draw on them. They're rarely caught off guard when someone pulls away, because they were never behind in the first place. Notice which of today's twelve actions you already do without thinking, and which ones you've been meaning to.
- A relationship-building action isn't always obvious from the outside. Half the room can watch the same action and read it two different ways. That's not a disagreement to resolve, it's useful information about how differently people take in the same thing.

WHAT TO DO

Your facilitator will read out 12 everyday actions, one at a time.

For each one, indicate whether it builds a relationship or breaks it, in whatever way works best for you (hands, cards, pointing, AAC, or a support person relaying your answer).

Mark your own answer below as each one is read, in whatever way works for you.

One rule for the whole round: we talk about the action, not about who did it. No names, not even initials.

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

	BUILDS	BREAKS
1. Listening to someone without interrupting	☐	☐
2. Not replying to someone, repeatedly	☐	☐
3. Keeping a promise you made	☐	☐
4. Telling other people something you were told in confidence	☐	☐
5. Remembering something that mattered to someone	☐	☐
6. Making a joke at someone's expense	☐	☐
7. Checking in on someone every day	☐	☐
8. Offering practical help without being asked	☐	☐
9. Telling someone honestly that you disagree with them	☐	☐
10. Making time for someone when you're already stretched	☐	☐

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

11. Letting something go instead of raising it

☐☐

12. Celebrating someone's effort in front of other people

☐☐

Any of these ways works:



Write



Circle



Tick



Point



Tell



Draw

CLOSING QUESTION

Which action surprised you most, and why?

If you'd like to share what you wrote with the group, in whatever way works for you, that's welcome. No pressure if you'd rather keep it to yourself.

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

WHY THIS HELPS YOU

- Most people are naturally better at one of three things: building relationships up, noticing when they're breaking down, or actually changing how they act. Whichever one felt easiest to answer just now is probably the one you already lean on. The one that took longest to think of is worth paying attention to.
- Not every relationship needs the same kind of effort. Some need consistency, some need honesty, some need you to simply show up once. Knowing what you naturally lean toward helps you notice when a relationship actually needs something different.

WHAT TO DO

Take three minutes to think about the three things below, however works best for you.

Pair up with one other person, or with a support person if that's how you'd like to work through this. One talks while the other just listens, no advice.

Nothing from this round goes on the board or back to the group, unless you choose to share it. You can pass on any of the three.

A relationship-building action you already do

A relationship-breaking action you'd like to be more aware of in yourself

One change you'd like to make

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

CLOSING QUESTION

Of the three things you just said, which one are you actually going to do something about?

If you'd like to share what you wrote with the group, in whatever way works for you, that's welcome. No pressure if you'd rather keep it to yourself.

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

WHY THIS HELPS YOU

- Before you act on someone else's behalf, especially someone you don't know well yet, ask how it might land instead of assuming they'll understand what you meant. A thirty-second check-in costs almost nothing: 'Is it okay if I bring this up?' or 'How do you want help with this?' can close most of the gap.
- Meaning well and landing well are two different things. The gap between them is usually invisible to the person acting. The examples aren't mistakes, they show the normal gap between what someone intended and what someone else actually felt.

WHAT TO DO

Think about the three questions below on your own first, then talk it through in pairs if your group has time.

There is one question that does most of the work here. Hold onto it.

Can you think of a relationship-building action that could be taken badly? Why might that happen?

Can you think of a relationship-breaking action that could actually build trust? Why might that happen?

How does the context of a relationship change whether an action builds or breaks trust?

"How might the other person experience that action?"

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

CLOSING QUESTION

Think of one relationship in your life where you'd want to check first instead of assume. What would checking actually sound like?

If you'd like to share what you wrote with the group, in whatever way works for you, that's welcome. No pressure if you'd rather keep it to yourself.

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

WHY THIS HELPS YOU

- Revisit your action in four weeks. Don't grade whether it worked, ask whether it's become automatic yet. Relationships are built the same way trust is: through small actions, repeated often enough that they stop needing to be decided on each time.
- No single gesture fixes or breaks a relationship. What builds up over months is what actually determines the shape of that relationship, whether people trust you, feel safe with you, and want to keep showing up.

WHAT TO DO

Take a few minutes to look back at everything you did today. There's no rush.

You're responsible for your own actions in a relationship, not for the other person's choices, and never for keeping a relationship going if it isn't safe.

Write, dictate, or ask for help filling in your reflection, declaration, and action below.

You're never responsible for keeping a relationship going if it isn't safe. If the relationship you're thinking of is a difficult one, pick a different relationship, or sit this one out. That's completely fine.

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

QUESTION 1 OF 3

One thing I noticed today about how I build or maintain relationships

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

QUESTION 2 OF 3

Someone I want to build a relationship with is

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

QUESTION 3 OF 3

What I'll do this week for that relationship is _ _ _

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw

CLOSING QUESTION

What's one word for how you want people to feel when they're with you?

If you'd like to share what you wrote with the group, in whatever way works for you, that's welcome. No pressure if you'd rather keep it to yourself.

Any of these ways works:  Write  Circle  Tick  Point  Tell  Draw