

Emotional Bank Account Module

My Companion — Seniors

Name: _____

Date: _____

This page is your companion for the activities that your facilitator is running today. Take your time with it, there's no rush, and there are no wrong answers.

1

Action Sort

MANDATORY

WHY THIS HELPS YOU

- You see that trust isn't built by big moments, it's built or worn down by small repeated actions.
- You notice which of these actions you already do without thinking, and which ones you've been meaning to.
- You get a shared language for talking about relationships that doesn't need anyone's name.

WHAT TO DO

Your facilitator will read out 12 everyday actions, one at a time. For each one, decide if it builds a relationship or breaks it.

Thumbs up for builds, thumbs down for breaks. Take your time. Mark your own answer below as each one is read, whether or not it matches the group's.

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

	BUILDS	BREAKS
1. Listening to someone without interrupting	☐	☐
2. Not returning someone's calls, 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 your own health or energy is limited	☐	☐
11. Letting something go instead of raising it	☐	☐

12. Celebrating someone's effort in front of the rest of the family

☐☐

Which action surprised you most, and why?

If you'd like to share what you wrote with the group, this is a good moment. Take your time, and there's no pressure to share if you'd rather not.

2 Pair Exchange

OPTIONAL

WHY THIS HELPS YOU

- You notice your own pattern, not just the group's.
- You practise saying something honest about yourself out loud, to one person, in a low-stakes way.
- Listening without advising is a skill on its own, this round lets you practise both sides of it.

WHAT TO DO

Take a few minutes on your own to think about the three things below.

Pair up with one other person. Take turns, one talks while the other just listens, no advice. There's no rush.

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.

One relationship-building action you already do

One relationship-breaking action you want to be more aware of in yourself

One thing you'd still like to say or do in a relationship that matters to you

If you'd like to share what you wrote with the group, this is a good moment. Take your time, and there's no pressure to share if you'd rather not.

3 It Depends

OPTIONAL

WHY THIS HELPS YOU

- You see that the same action can land two different ways, depending on who's receiving it and what's already going on between you.
- You get one question you can actually use, instead of a rulebook.
- You notice the difference between what you meant and what actually landed.

WHAT TO DO

Think about the examples and 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: "How might the other person experience that action?"

MEANT AS RELATIONSHIP BUILDING	CAN LAND AS RELATIONSHIP BREAKING
Offering advice	Intrusive, controlling — “you think I can't handle this”

LOOKS LIKE RELATIONSHIP BREAKING	CAN LAND AS RELATIONSHIP BUILDING
Saying no, holding a boundary	Clear, respectful — “now I know where I stand with you”

Think of one time an action of yours landed differently than you meant it.

Think of one time you assumed the worst about someone's action, then found out you had it wrong.

What would it take to check, instead of assume, next time?

“How might the other person experience that action?”

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If you'd like to share what you wrote with the group, this is a good moment. Take your time, and there's no pressure to share if you'd rather not.



Final Reflection

MANDATORY

WHY THIS HELPS YOU

- You turn today's noticing into one sentence you can actually use.
- You choose one small action instead of leaving it vague, something you could start this week.
- You take responsibility for your own contribution, not for someone else's choices.

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 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.

One thing I noticed today about my relationships, past or present

Someone I want to build or strengthen a relationship with is _ _ _

What I'll do soon for that relationship is _ _ _

Looking back on my relationships over the years, one word for how I want people to feel when they're with me

If you'd like to share what you wrote with the group, this is a good moment. Take your time, and there's no pressure to share if you'd rather not.