

## THE LOVE ACCOUNT



A loving relationship is characterized by giving and receiving. Using the symbol from the field of economy, one could say that in a relationship there is a "love economy": each one of the partners has a "Love Account", into which the other person makes deposits, and from which the other person makes withdrawals.

As with any kind of ordinary bank account, the deposits must *over time* add up to more than the withdrawals, in order to avoid personal bankruptcy.

Zero in the **Love Account** may lead to "relationship bankruptcy", for a person who's **Love Account** has been empty for too long time and/or too often.

Reflect on your own **Love Account**, that your partner uses, and each one of you, fill out your own table according to the example below. The example has been filled with examples, in order to give you ideas and stimulate your thought process.

Start with an empty table. Keep going a couple of days, until it feels complete.

When both of your tables are filled out, they will constitute valuable information to the other about what actually represents deposits and withdrawals - important because what you will see in your partner's **Love Account** may not correspond with your beliefs, important because you probably mean well but you may thoughtlessly have sunk down into daily routines, important because you may have started to take your partner for granted...

An example of a **Love Account**:

<i>DEPOSITS</i>	<b>WITHDRAWALS</b>
<p>Courtesy, kindness even in small things.                      Open, eager to co-operate.                      Honest, truth-loving.                      Exhibits integrity, is loyal.                      Listens in a non-judging way.                      Positive intentions, shows good will.                      Tries to understand.                      Listens patiently to your complaints.                      Takes into account what I value.                      Accepting attitude.                      Tenderness of heart, cares about me.                      Shows his/her love for me.                      Gives praise, appreciation, acknowledges me.                      Apologizes when he/she has erred.                      Promotes dialogue, makes me feel secure.                      Shows respect for me as the one I am.                      Listens patiently.                      Reacts in a sensitive way to what I say.                      Attentive to my needs.                      Is careful with decisions affecting me.                      Predictable in a stable and mature way.                      Is interested in what I say, asks questions.                      Speaks with a gentle voice.                      Trusts others, is considerate.</p>	<p>Thoughtlessness, tactlessness.                      Closed-in, makes arguments.                      Dishonest, lies, conceals facts.                      Disloyal.                      Judging, critical, condescending.                      Negativistic, egoistic, greedy.                      Does not have time to listen.                      Defensive, suspicious, closed-up.                      Disregards what I value.                      Pushes me away, is critical.                      Rude, ill-mannered.                      Cold, indifferent, closed.                      Never a friendly word.                      Unable to admit a mistake.                      Intimidates me, threatens me.                      Lack of respect.                      Interrupts, no interest in creating dialog.                      Over-reacts, over-interprets.                      Ignores me.                      Decides things in an arbitrary way.                      Unpredictable, makes me feel insecure.                      Orders me around, preaches.                      Yells at me.                      Bullies other people around.</p>

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Reflect on you Love Account, into which your partner makes "Deposits" and from which he/she makes "Withdrawals".

Keep on noting these, until it feels sufficiently completed.

<i>DEPOSITS</i>	<b>WITHDRAWALS</b>