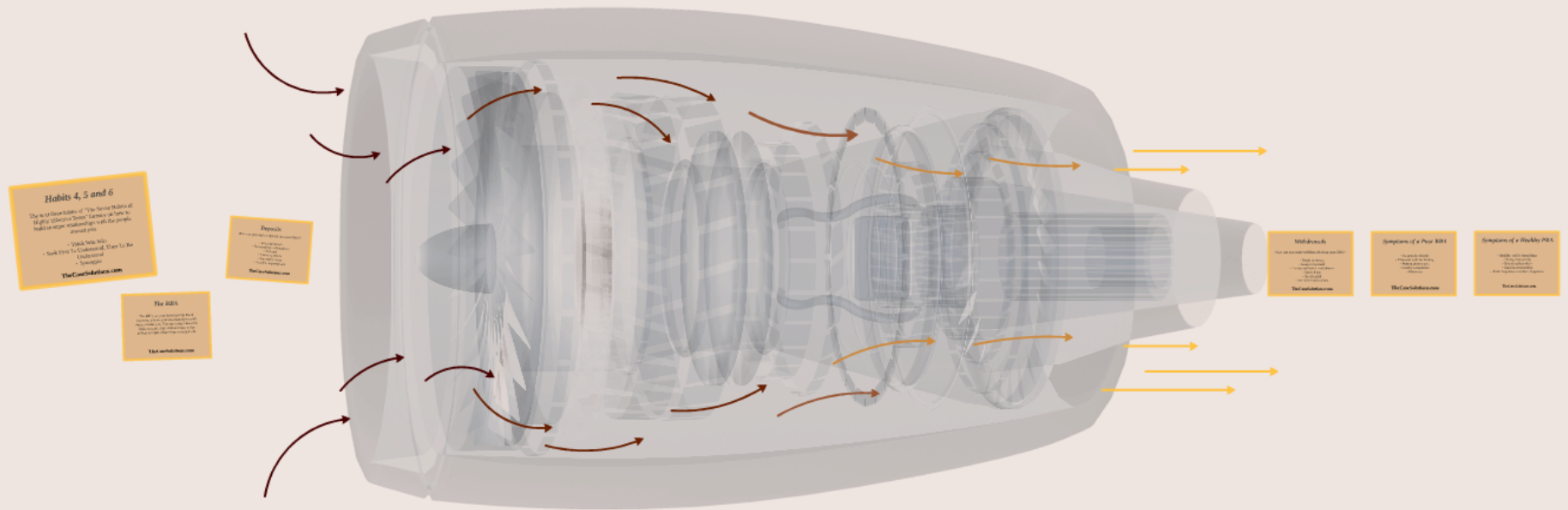


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Habits 4, 5 and 6

The next three habits of "The Seven Habits of Highly Effective Teens" focuses on how to build stronger relationships with the people around you

- Think Win-Win
- Seek First To Understand, Then To Be Understood
- Synergize

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The RBA

The RBA, or your Relationship Bank Account, is how your relationship is with those around you. You can never close this bank account, and relationships can be picked up right where they were left off.

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Deposits

How can you make a deposit into your RBA?

- Keep promises
- Do small acts of kindness
 - Be loyal
 - Listen to others
 - Say you're sorry
- Set clear expectations

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Withdrawals

How can you make withdrawals from your RBA?

- Break promises
- Keep to yourself
- Gossip and break confidences
 - Don't listen
 - Be arrogant
- Set false expectations

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Symptoms of a Poor RBA

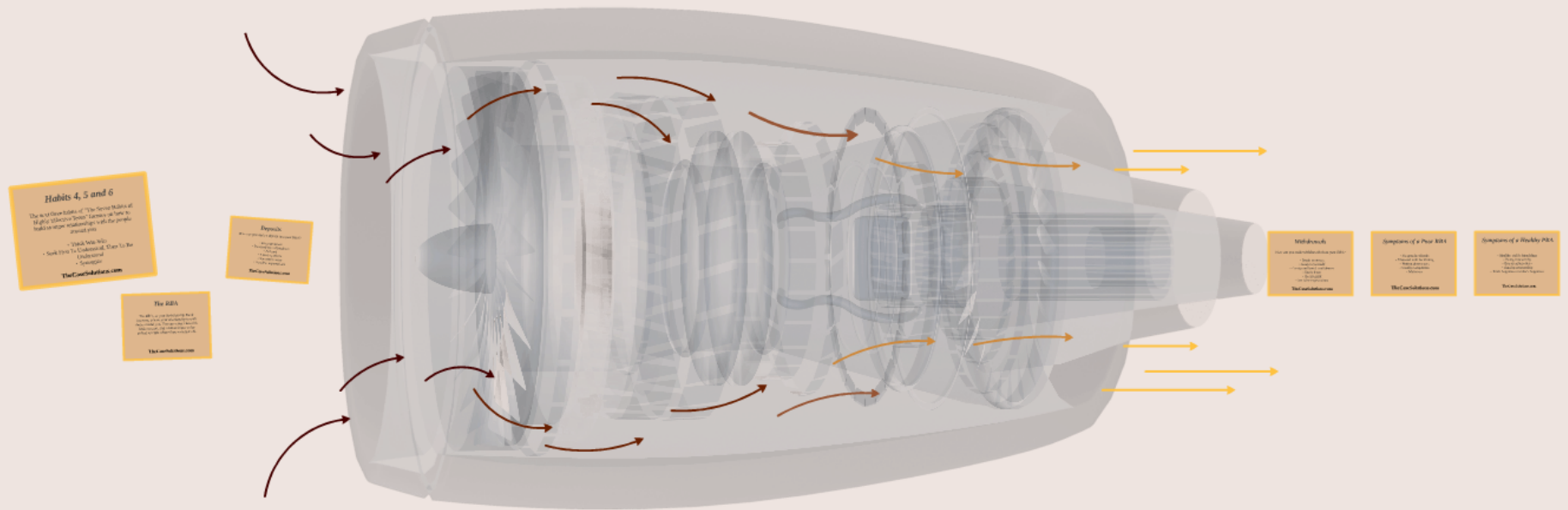
- No genuine friends
- Obsessed with backbiting
 - Putting down peers
 - Overly competitive
 - Malicious

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Symptoms of a Healthy PBA

- Healthy, stable friendships
 - Being trustworthy
 - Encouraging others
 - Good sportsmanship
- Finds happiness in other's happiness

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