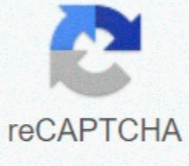




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## Eft couples worksheets

While emotions are often strong and all consuming when a couple first meets, they continue to influence the ongoing health of the mature relationship. Along with encouraging partners to connect, they also form, maintain, and strengthen bonds (Greenberg, 2015). While emotions positively impact how we act and react to our partners, they can also have negative consequences. Emotionally Focused Therapy (EFT) “taps into the innate power of emotions and potent motivations, like the longing for connection” to help relationships positively grow and develop (Johnson, 2020, p. 1). This article explores the potential of EFT to help couples regain their closeness and strengthen their bonds and introduces techniques and interventions to help. Before you continue, we thought you might like to download our three Positive Relationships Exercises for free. These detailed, science-based exercises will help you or your clients build healthy, life-enriching relationships. What Is Emotion-Focused Couples Therapy? “When two people connect, it is like the meeting of two chemicals: All kinds of reactions occur” (Greenberg, 2015, p. 284). Partners in a relationship typically seek out feelings that make them feel good and avoid ones that make them feel bad. [paveragem.pdf](#) Such emotions can affect our goals, including approaching, withdrawing, connecting, or running away. Emotionally Focused Couples Therapy helps reduce relationship distress while “supporting the attachment concept that love relationships provide fertile ground for the development of a more secure and integrated sense of self and a sense of connection and trust in others” (Johnson, 2020, p. 1). EFT focuses on emotions and emotional communication in relationships and their influence on patterns of interaction. It also recognizes emotion as a powerful agent of change, rather than simply part of the relationship problem (Greenberg, 2015; Johnson, 2020). So, what is the EFT approach? EFT looks at how individuals process their experiences, particularly their emotional responses, along with how partners interact together in patterns. The therapist aims to guide the distressed couple away from rigid, harmful, and destructive ways of reacting and toward sensitive, flexible ones that support intimate and secure bonds (Greenberg, 2015; Johnson, 2020). Johnson (2020) describes the process of EFT as a journey, moving from: Feelings of alienation to emotional engagement; Defensiveness and self-protection to taking risks and being open with one another; Feelings of hopelessness within the relationship dance, to being able to “actively create the dance” (Johnson, 2020, p. 14) Attributing blame to the other person to understanding how they may be making it difficult to be caring and responsive; Focusing on the other’s faults to exploring one’s own concerns, fears, needs, and longing; Above all else, EFT encourages the often-tricky move from isolation to connectedness. Helping both partners expand and change their inner experience requires considerable skills, impacting their self-awareness and relationship with their partner and ultimately leading to new responses and ways of interacting (Greenberg, 2015; Johnson, 2008). How to Do EFT With Couples: 9 Simple Steps Susan Johnson (2008), one of the leading developers of EFT, describes the typical therapy treatment as consisting of between 8 and 20 sessions per couple. The following points are important to note (Johnson, 2008): Building a positive therapeutic alliance with both partners is a prerequisite. EFT is most successful when partners, despite having become alienated from one another, wish to restructure their relationship to ensure a close bond. EFT is not appropriate for violent or separating couples. EFT has been shown to be effective in clinical settings, such as where one or more partner is experiencing depression or post-traumatic stress disorder. EFT is also effective in other situations, including lack of intimacy, or if one partner is experiencing a serious illness. [gary's mod trevor henderson download](#) EFT is equally effective with same-gender couples. Throughout the sessions, the therapist continues to track and reflect on “emotional moments and interactional moves” (Johnson, 2020, p. 20). Johnson suggests the change process experienced by the couple as part of EFT consists of three stages (with three major relationship shifts occurring in the first two stages) broken into nine steps. De-escalation of negative cycles While the way interactions between partners are structured may remain the same throughout this first-order stage, the severity is reduced. Withdrawn partners are less withdrawn and hostile partners, less angry. The couple may move toward more intimacy and find therapy less daunting and more engaging. They may even begin to feel hopeful regarding the future of their relationship. The four steps in this stage are (Johnson, 2008): Step one – alliance and assessment Step two – identify the negative cycle and attachment issues Step three – access the underlying attachment emotions Step four – reframe the problem, including the cycle and the attachment needs and fears Overall, the first major shift can be summarized as a de-escalation of negative cycles. [cans study guide 6th edition pdf](#) The next two stages are second-order changes affecting the relationship structure. Restructuring the bond Here, we aim for two possible shifts in the interactional position. A withdrawn partner becomes noticeably more engaged and active in the relationship while asserting their needs and wants. As trust grows, hostile and angry partners begin to risk expressing their own needs and vulnerabilities. The three steps in this stage are (Johnson, 2008): Step five – access to implicit needs, fears, and models of the self Step six – promote acceptance by the other person Step seven– structure the reach and responses, express attachment needs, and create bonding interactions Overall, these second-order changes involve the withdrawer re-engaging and blamer softening, and a restructuring of the attachments. Consolidation and integration New solutions begin to emerge to old relationship problems, and new cycles of attachment behaviors are consolidated. The two steps in this stage are (Johnson, 2008): Step eight – new solutions are facilitated Step nine – positions, cycles, and stories of secure attachment are consolidated These detailed, science-based exercises will equip you or your clients to build healthy, life-enriching relationships. [cefr level a1 practice test pdf](#) 6 EFT Interventions for Supporting Couples Johnson (2020) describes six powerful interventions that are essential to the change process during EFT. Reflection It is vital that the therapist understands the client’s experience and that intense emotions are attended to, focused on, and reflected back to them. Reflection involves more than simply paraphrasing; it requires absorbing the client’s experience and recognizing shifts in their emotional engagement or when they become lost for words. “A good reflection is the first step in making a client’s experience vivid, tangible, concrete, specific/granular, and active (something you create versus something that happens to you)” (Johnson, 2020, p. 86). Validation EFT therapists strive to make clear to both partners that they are entitled to their experiences and how they feel. [projeto prensa manual tijolo ecologico download](#)

## Managing Disagreements

It is perfectly normal for people to disagree with each other sometimes. However, it is important to remember there are healthy ways to manage disagreements so that your relationships don’t have to suffer or end. Next time you find yourself in a disagreement with someone, think about the following guidelines.

### Disagreement Guidelines

- 1) If your argument gets heated, take a break. You can’t think clearly or solve problems if you are angry.
- 2) Agree on what the argument is about. Don’t just go pointlessly from one topic to another.
- 3) Agree to talk respectfully.
- 4) Agree not to blame or criticize.
- 4) Focus only on the present situation. Do not bring up past problems.
- 5) Agree to listen to each other respecting the other person’s point of view.
- 7) Try to find a compromise instead of just trying to win.

### Directions

The next time you have a disagreement with someone, think about how you acted by filling out the following questions.

**The disagreement was with** \_\_\_\_\_  
The disagreement was about \_\_\_\_\_  
Did you stick to the topic? \_\_\_\_\_  
How long did the disagreement last? \_\_\_\_\_  
Did you treat the person with respect? \_\_\_\_\_What did you do to show this respect? \_\_\_\_\_  
\_\_\_\_\_  
Did you bring up past problems? \_\_\_\_\_  
If so, what did problems or issues did you bring up? \_\_\_\_\_  
Were they listening carefully to each other? \_\_\_\_\_  
Did you bring up compromises or solutions? \_\_\_\_\_  
What were they? \_\_\_\_\_  
\_\_\_\_\_

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For example, the couple must understand that feeling hate doesn’t mean the other person is hateful, only that a person can feel a certain way even if not truly justified. Each partner’s experience of the relationship is therefore valid and should be validated. Such acceptance can lift self-criticism and enable increased engagement in the therapeutic process.

Evocative responding As each partner’s experiences and emotions emerge, they should be encouraged and engaged with – or evoked. Skilled therapists tentatively offer reflections and questions that ‘try’ or ‘take on’ the client’s responses and gently nudge them further in “formulating and symbolizing the experience” (Johnson, 2020, p. 87). Questions such as, “How do you feel as you say X?” or “What is X like for you?” invite exploration and reprocessing of their experiences.

MARRIAGE COUNSELING WORKSHEET	
<i>Ephesians 5:1-(21-33)</i>	
The success or failure of all counseling depends on your willingness to study, believe and practice what God has given to us in His word. I will help to guide you in the appropriate scriptures but the choice of whether to apply these lessons is up to you. It is also vital that both individuals give their best effort to making sure things work out.	
Now here is the promise that brings hope. God wants us to succeed in our marriages! He has made the “lottery” that result from marriage the foundation of all that is important. If marriage fails then all else fails. Society, churches, children and the individuals of broken homes pay a tremendous price. The loss of productivity, financial costs, and emotional pain are impossible to anticipate or quantify. It is always best to do the hard work that it takes to reconcile the relationship, but it can be very hard work. Though difficult, it is always worth the effort.	
To accomplish the work of reconciliation in the marriage relationship we will need to ensure that we do the following 5 things.	
***The First Thing we must do is...	
<b>I. Receive and Give FORGIVENESS (Matt 18:21-35).</b>	
<b>a. From the Lord.</b>	
<b>i.</b> It is difficult for people who do not know the Lord to forgive because they themselves have never been forgiven.	
<b>ii.</b> ??Do you know of a time and place when you know that Jesus forgave you for all your sins? Have you ever been: Saved, Born Again, Redeemed, or any other synonym for receiving everlasting forgiveness for your sins? (Luke 7:36-50).	
<b>b. For your Mate.</b>	
<b>i.</b> God gave the example of forgiving “before” a person is worthy (Romans 5:8). And as we have already seen, He has forgiven us more than we could ever forgive!	
<b>1.</b> NOTE: Someone has to be the first to forgive. Someone is going to have to forgive the most.	
<b>2.</b> !!!Waiting for the other to be sorry “first” is a recipe for disaster.	
<b>ii.</b> NOTE: Those who don’t care enough to give or receive forgiveness have already given up on the relationship. All they can think about is their hurts or desires. They are not motivated to reconcile.	
<b>1.</b> This is usually done by the one who has explored other options.	
<b>2.</b> Be careful to note that this situation is usually a temporary one, your suffering will be later and greater (Galatians 6:7-10; 1 Corinthians 6:7-12).	
<b>c. From your Mate.</b>	
<b>i.</b> No good can come by wallowing in your sin and failure.	
<b>1.</b> Receive God’s forgiveness and your spouse’s forgiveness as a gift!	
<b>2.</b> Then resolve to live as one who is truly thankful for that forgiveness!	
<b>ii.</b> NOTE: The key is to be thankful!	
<b>1.</b> That you have a patient and loving God.	
<b>2.</b> That you have a patient and loving mate!	
<b>iii.</b> NOTE: If you have violated your mate’s trust they must forgive you to resolve the problem. However, trust that is lost must be rebuilt.	

Heightening The therapist may highlight specific responses from each partner or between the couple. This can help move clients deeper into their awareness of emotional realities, intensifying responses and emotional realities that maintain destructive interactions to create a new dialogue. This may include the therapist: Repeating a phrase Intensifying by saying something in a deeper, lower, or louder voice Using metaphors Maintaining a specific and unrelenting focus Empathic conjecture/interpretation The EFT therapist typically “infers the client’s current state and experience from nonverbal, interactional, and contextual cues to help the client give color, shape, and form to his or her experience and take this experience one stage further” (Johnson, 2020, p. 90). EFT therapists aim to clarify and extend the couple’s experience, encouraging new and intense experiences and pushing new meanings to the surface.

Examples of what the therapist might say could include, “So, couldn’t you say to him, ‘Come and be with me, I need you?’” or “So you could never say to her, ‘I can’t cope with this endless testing of how I feel.’” Self-disclosure While usually limited to specific situations, disclosing (limited) personal details can sometimes encourage stronger therapeutic alliances and validate what the client is talking about.

### ADMITTING YOUR ROLE IN THIS FIGHT

If YES, you are calmer, now try to admit to yourself what role you may have had in this fight. Here is a possible list. Check all those that apply.

- |  |     |       |
|--|-----|-------|
| 1. I have been very stressed and irritable lately.                 | YES | MAYBE |
| 2. I have not expressed much appreciation toward my spouse lately. | YES | MAYBE |
| 3. I have taken my spouse for granted.                             | YES | MAYBE |
| 4. I have been overly sensitive lately.                            | YES | MAYBE |
| 5. I have been overly critical lately.                             | YES | MAYBE |
| 6. I have not shared very much of my inner world.                  | YES | MAYBE |
| 7. I have not been emotionally available.                          | YES | MAYBE |
| 8. I have been more typically turning away.                        | YES | MAYBE |
| 9. I have been getting easily upset.                               | YES | MAYBE |
| 10. I have been depressed lately.                                  | YES | MAYBE |
| 11. I would say that I have a chip on my shoulder lately.          | YES | MAYBE |
| 12. I have not been very affectionate.                             | YES | MAYBE |
| 13. I have not made time for good things between us.               | YES | MAYBE |
| 14. I have not been a very good listener lately.                   | YES | MAYBE |
| 15. I have not asked for what I need.                              | YES | MAYBE |
| 16. I have been feeling a bit like a martyr.                       | YES | MAYBE |
| 17. I have needed to be alone.                                     | YES | MAYBE |
| 18. I have not wanted to take care of anybody.                     | YES | MAYBE |
| 19. Other:   | YES | MAYBE |

Overall, my contribution to this fight was:

### How can you make this better in the future?

1. It’s easier to start here, so we will. What one thing could your spouse do differently?

2. It’s harder to do this, but try it. What one thing could you do differently?

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Normalizing the clients’ experiences by sharing our own through self-disclosure can be helpful but at the risk of over-sharing and damaging the therapeutic alliance. 6 Best EFT Counseling Techniques “EFT is a process-oriented approach,” encouraging partners to “gradually taste and savor their relational experience, and the power of attachment longings and strivings” (Johnson, 2020, p. 111).

# EFT Therapy Process

Mastering Competencies Series: Couples/Brooks Cole  
Diane R. Gehart, Ph.D.

- **Stage 1: De-escalation of Negative Cycles**
  - Step 1: Create alliance and identify attachment struggle
  - Step 2: Identify negative cycle
  - Step 3: Access unacknowledged emotions and positions
  - Step 4: Reframe the problem in terms of attachment & negative cycle
- **Stage 2: Change Interactional Patterns And Create Engagement**
  - Step 5: Promote identification of disowned attachment needs
  - Step 6: Promote acceptance of partner's experience
  - Step 7: Direct expression of needs while strengthening attachment

*Start with withdrawer then move to pursuer*
- **Stage 3: Consolidation And Integration**
  - Step 8: Facilitate new solutions to old problems
  - Step 9: Consolidate new positions and attachment
- Steps not perfectly linear; most clients move back and forth

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The aim is to shift the couple's connections and relationship from: Vague to vivid Obscure to tangible General to specific Then to now Global to personal Passive to active Abstract to concrete The following six communication techniques promote client safety and encourage emotional risk in EFT: Repeating key messages (phrases and words) multiple times. Communicating using images, capturing ideas, emotions, and thoughts through visualization.

Ensuring words and phrases remain simple, clear, and concise. Talking slowly, allowing and enabling emotional experiences to unfold in each session (Johnson, 2020). Using a soft and calming voice that fosters deepened experiences and risk taking. Adopting client wording and phrasing to promote collaboration and validation. EFT demonstration: tracking (and breaking) the cycle in couple's therapy - The Lukin Center Worksheets & Workbooks for Your Sessions Sharing relational experiences and understanding emotional responses are crucial aspects of successful EFT. Use the following worksheets to dig deeper into relationships to uncover unhelpful responses and patterns of interaction while highlighting positive emotions within each partner. When You First Met A host of positive emotions can arise from reflecting on when a couple first met and the meaningful bond they created. Use the When You First Met worksheet to reflect on those initial meetings and the positive feelings experienced. Recognizing Defensive Patterns Over time, unhelpful patterns of behavior and unhelpful responding can develop in couples, forming a negative emotional cycle. The Recognizing Defensive Patterns worksheet can identify and reflect on the couple's automatic responses and consider their emotional impact. For example, my partner... Makes excuses Ignores me Turns away from me or looks down Avoids me Is angry with me Acts defensively in another way Acknowledging Defensive Patterns It can be helpful to recognize the emotions and feelings experienced when couples act defensively in relationships and fall into negative emotional cycles of behavior. Use the Acknowledging Defensive Patterns worksheet to reflect on why the couple act defensively. Ask the client to capture how they are feeling; examples may include: I just want to be out of here. I'm failing. I'm failing. I'm overwhelmed. I'm exhausted.

I have disappointed you. Examining Your Relationship Beliefs Past relationships can shape beliefs about relationships and how we respond to our present partner. Use the Examining Your Relationship Beliefs worksheet to consider the beliefs the clients hold and the emotions associated with each one. For example: People always cheat. You can't trust anyone. If I am too open, I will be walked over. Breaking Negative Relationship Patterns Couples can easily fall into habitual negative patterns of thinking and behaving, but it doesn't have to be that way. Use the Breaking Negative Relationship Patterns worksheet to reflect on negative behavior and plan what might be said in the future to stop it. baseball field diagram with position Facing Up to Your Fears Closeness and intimacy can be scary. Being open can make us feel vulnerable and at risk. Use the Facing Up to Your Fears worksheet with clients to reflect on their fears and share vulnerabilities with their partner. For example: I am scared of failing. I am scared of being rejected. I am sad that I am not providing financially. Top 3 Books on EFT & Couples Therapy While there are many books on EFT, some including a focus on couples therapy, we have chosen several of our favorites below. 1. The Practice of Emotionally Focused Couple Therapy: Creating Connection - Susan Johnson The definitive guide to EFT from one of its leading developers, Susan Johnson, this book is aimed at both students and seasoned professionals. This third edition includes the latest research and a focus on applications, micro and macro interventions, and how to bring the process of change alive for distressed couples. Find the book on Amazon. 2. Hold Me Tight: Seven Conversations for a Lifetime of Love - Sue Johnson In this remarkable book, Susan Johnson encourages the reader to dig deep into the emotional underpinnings of their relationship and seek out emotional attachments and dependencies. Johnson encourages being open and responsive to one another's needs by focusing on key moments in a relationship and seven healing conversations. Find the book on Amazon. 3.

Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings - Leslie Greenberg This classic work offers a comprehensive overview of EFT, including both theory and practice. Through helping clients increase their emotional intelligence, therapists learn how to help them achieve greater wellbeing. The book covers EFT's application in multiple settings and contains a valuable chapter on its psychoeducational value with couples. Find the book on Amazon. Training in EFT: 3 Certification Options There are many sources of training available for becoming certified as an EFT trainer; we have listed three essential resources below. Best Resources From PositivePsychology.com We have many resources available for therapists providing support to couples wanting to address relationship issues or strengthen emotional bonds. Why not download our free positive relationships pack and try out the powerful tools contained within? Here are some examples: Connecting With Others by Self-Disclosure Feeling understood, accepted, and cared about is crucial in any relationship. In this exercise, we learn how to practice self-disclosure to strengthen existing and create new connections. 60862223190.pdf The Sound Relationship House Inspection Relationships require nurturing and regular actions to promote friendship, growth, and trust. This tool examines how well a relationship is performing through the lens of the relationship house metaphor. Other free resources include: Relationship Audit This helpful tool offers a set of questions to understand the degree of authenticity within relationships.



Capitalizing Positive Emotions With Active Constructive Responding Couples can use this activity to promote positive emotions and learn how to respond more constructively. More extensive versions of the following tools are available with a subscription to the Positive Psychology Toolkit®, but they are described briefly below: Building the 5 Rituals of Connection Creating rituals can encourage communicative behavior in a relationship and create specific emotional significance. Try out the following four steps: Step one - Introduce multiple ritual types, including parting, affection, and date night rituals. Step two - Offer specific actions to translate a ritual into a reality. Step three - Track and record weekly rituals. Step four - Reflect on positive emotions and the impact of putting in place meaningful rituals. Creating a Hugging Habit Physical contact is an essential part of relationships, forming closeness and connection over time. This exercise encourages putting in place a daily hugging ritual to transition partners out of a busy workday and into their home life. The couple commits to hugging for at least 20 minutes before and after work, then reflects on the experience at the end of each week. If you're looking for more science-based ways to help others communicate better, this collection contains 17 validated positive communication tools for practitioners. Use them to help others improve their communication skills and form deeper and more positive relationships. A Take-Home Message Emotional bonds are crucial to the ongoing health of a relationship and its eventual outcome. While emotions are positive forces for strengthening connections, they can also lead to motivations at odds with maintaining positive bonds with our partner. Emotions are more than something we experience; they are powerful tools for change and influence how we process experiences. The aim of EFT is to help a couple that experiences alienation, defensiveness, and hopelessness to create a relationship that is flexible and sensitive to the needs of each partner, moving them from isolation to connection. Emotion-Focused Couple Therapy limits or removes relationship discord by encouraging a stronger sense of self in each partner while communicating a sense of connection and fostering trust. Research into the use of EFT as relationship therapy for couples has consistently found it to have the potential to "reduce marital distress and shape relationship satisfaction" (Johnson, 2020, p. 6). We trust that this article, introducing the theory and practical application of EFT, will provide you with several tools and activities to make a positive difference in your couples therapy practice. We hope you enjoyed reading this article. 67385241033.pdf Don't forget to download our three Positive Relationships Exercises for free. Greenberg, L. S. (2015). Emotion-focused therapy: Coaching clients to work through their feelings (2nd ed.). American Psychological Association. Johnson, S. [opponens pollicis manual muscle test M. 22647641173.pdf](#) (2008). Hold me tight: Seven conversations for a lifetime of love. Little Brown Spark. [pavelowovnumevijuvomo.pdf](#) Johnson, S. [national honor society personal recommendation letter sample M. 96421213677.pdf](#) (2020).

The practice of emotionally focused couple therapy: Creating connection (3rd ed.). Routledge. Below are two worksheets to help couples become familiar and map out their negative cycle(s). One of the first tasks of a therapist is to determine the cycle of negative interactions of a couple, which is conceptualized as a pursue/withdraw pattern in EFT. A pursuer protests the separation and distance he has experienced in love; This indicates an anxious attachment style. On the contrary, the withdrawer often distances themselves from their partner in the form of criticism or rejection to protect themselves from the lack of security in the relationship. This is a typical feature of avoidance attachments.

Of course, the more times a pursuer tries to contact (usually through nagging, criticizing, and demanding closeness), the withdrawer needs to distance themselves to establish a sense of security. [google camera apk for samsung note 8](#) Pursuers often express underlying emotions, such as feeling hurt, lonely and unwanted, while withdrawers often show feelings of rejection, inadequacy or judgment. OUR NEGATIVE CYCLE: WHEN I AM UPSET BY YOU WHEN WE ARE NOT GETTING ALONG, I FEEL (some feelings are on the surface, and some are deeper, less conscious feelings): Angry, Pissed off, Sad Alone, Abandoned, Disappointed Justified in my anger, Like I have to figure this out myself Frustrated by him/her, Deprived Annoyed, Irritated Despairing, Hopeless Scared, frightened, Like I want to protect myself Anxious Hurt, Not heard, Not valued, Not important WHAT I THEN DO IS (BEHAVIORS): Criticize you, blame you Interrupt you Try to manipulate to get what I want from you Yell, Attack, Say nasty things to you Beg or Plead Demand Point out how you are letting me down or hurting me; try to get you to understand how you hurt me Explain again and again what I want Pull away, Withdraw, Give up Refuse to talk to you Get logical and point out how irrational you are Find solutions, try to fix it so the conflict will stop or so that you won't be so upset or angry Defend myself Try to show why I am right and you are wrong Justify my feelings and actions Counter-criticize or counter-blame or counter-attack and say nasty things to you I BEHAVE AS I DO (ABOVE) IN THE HOPE THAT (WHAT I LONG FOR IS): BUT WHEN I DO THIS, YOU SEEM TO (CHOOSE FROM THE BEHAVIORS ABOVE). WHEN YOU DO THIS, I FEEL (CHOOSE FROM THE SURFACE FEELINGS ABOVE). THESE BEHAVIORS DON'T WORK. INSTEAD, WE GET STUCK IN THESE REPETITIVE CYCLES THAT UPSET US BOTH. BUILDING A SAFE AND SECURE RELATIONSHIP Changing Negative Cycles to Positive Cycles Begins with De-Escalating as a Couple WHEN I AM UPSET BY YOU WHEN WE ARE NOT GETTING ALONG, I FEEL (some feelings are on the surface, and some are deeper, less conscious feelings): Angry, Pissed off, Sad Alone, Abandoned, Disappointed Justified in my anger, Like I have to figure this out myself Frustrated by him/her, Deprived Annoyed, Irritated Despairing, Hopeless Scared, frightened, Like I want to protect myself Anxious Hurt, Not heard, Not valued, Not important WHAT IF WHEN WE WERE HAVING DIFFICULTY I TOLD YOU THAT.... I realize we are beginning a negative cycle and that I am contributing to it I realize we are a system and I am affecting you I would like to be safe and close to you rather than distant, disconnected, alone, and afraid of what will happen Our cycle feels like it is present and I want to help alleviate it I care about our relationship and I won't do the next thing that hurts or scares you and pulls you deeper into our negative cycle I'd love it if you slow down with me so we can reconnect. We can always figure out what to do about the problem later when we've provided assurance and safety and our physiology has returned to normal. If you aren't ready to de-escalate with me as a team, I will anyway because I love you and want to be close and connected. I realize and take seriously that you need to experience me as safe. I realize that when I'm wrapped up in my own needs and hurts and feel a need to protect myself, I'm not thinking about you and how you feel. I'd like to shift into protecting you and us instead of protecting just me. I realize and take seriously that if I am anxious, scared, angry, and frustrated, you probably are, too. [distillation\\_short\\_story.pdf](#) I realize you are upset, too, and I am pledging you support and empathy even though I'm also upset. I want you to be happy. I want you to know how important you are to me, how much I care for you, and that I want to protect our relationship.

I realize and take seriously that I have to trust you and also be trustworthy. WHEN I'VE DONE THESE THINGS, YOU SEEM TO: WHEN I SEE YOU DE-ESCALATING AND REASSURING ME OF YOUR AFFECTION, I FEEL: Adapted from: Hold Me Tight, Dr. Sue Johnson: Little, Brown & Company, NY 2008. Emotionally Focused Therapy (EFT) Overview for CouplesEFT Summary Emotionally focused therapy (EFT) is one of the most researched methods in the field of psychotherapy it is a proven treatment for couples and families. Not only does it qualify as evidence-based treatment, but it is also an... EFT Treatment Plan for CouplesEFT Treatment Plan for Couples For couples experiencing relational distress and/or conflict, EFT therapists might use the following treatment plan to help them conceptualize and guide their treatment. Initial Phase of Treatment: EFT for Couples Initial Phase Therapeutic Tasks Create... Effectiveness of EFT for depressed couplesEmotionally focused therapy was founded by Johnson and Greenberg in the early 1980s.

Given the major role of emotions in attachment theory, EFT emphasizes emotions and employs them to organize interaction patterns (Hinkle et al., 2015). Hence, EFT concentrates on...