

# EFFT

## Advanced Communication Strategies

Back-drop of love and sincerity with non-verbals ♥

### Step 1. Validate Step 2. Support

What can you validate/support?

- **Emotional states:** Sadness, anger, shame, loneliness, etc.
- **Attitudes:** "There's no point"; "This is stupid"
- **Urges:** "I want to quit/run away/hurt myself"
- **Behaviors:** aggression /movement"
- **Other states:** silence, overwhelm, fatigue

### Step 1- Validate

Make an effort to convey understanding & "show your effort" with 3 because statements

"I could understand you might think/feel/want..."

- "I could imagine you
- "No wonder you
- "It would make sense that you
- "I could never understand what you are experiencing. When I try to put myself in your shoes, I can imagine that maybe you

"Because 1...  
Because 2...  
Because 3..."

Guides for these:

- Rooted in compassion
- Tentative in nature
- Relate to the person's normal urge to decrease suffering and increase soothing
- When in doubt, **3Hs**  
– it's hard, it's heavy and it hurts

### Step 2: A. Emotional and B. Practical Support

#### A. Emotional Support Sentences

- Comfort
- Reassurance ("It's going to be ok")
- Communication of positive regard ("I know you are doing the best you can right now")
- Communication of belief in the other ("I believe in you; "I believe you can do this")
- Communication of togetherness ("We're in this together"; "I want the best for you too")
- Information ("I can share with you that...")

#### B. Practical Support Suggestions

"Why don't I/we/you..."

- Behavioral intervention / expectation or...
- Suggest a distraction activity (walk, movie, music, etc.)
- Share skills (e.g. exposure to the anxiety-provoking stimulus in a gradual way and with support)
- Offer solutions to solve the practical problem or take over to solve the problem
- Set a limit
- N/A (sometimes, once the other is validated and supported emotionally, no more is required)

### Getting Ready for Resistance to Efforts

"Why are you trying to talk to me like that?" (said after you've gone through the steps above)

#### Validation (Step 1):

"I can understand why you'd react in this way to what I'm saying :

1. because it's really different than how I have communicated with you in the past
2. because you might doubt the sincerity of my words
3. because you might worry that I am trying to manipulate you

#### Emotional support sentences (Step 2A):

"I can promise you that I mean every word, and it's so important for me to find new ways to be there for you"

#### Practical support suggestions (Step 2B):

"I am going to keep practicing this new way of being until it becomes more comfortable for both of us and I welcome your feedback along the way."