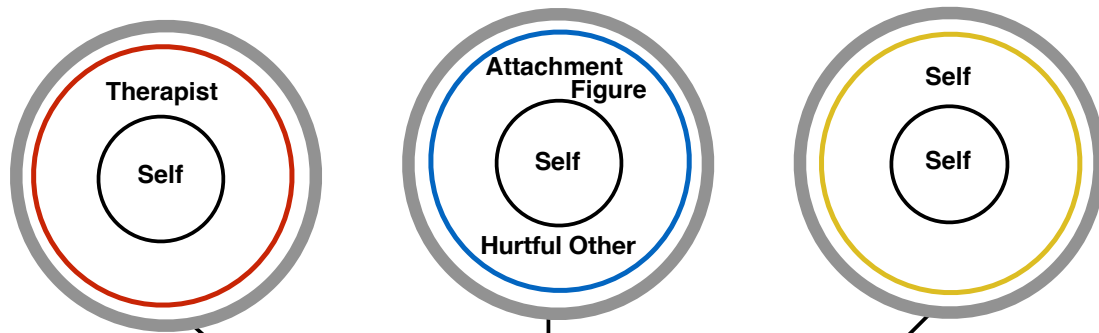


EFIT Change Process

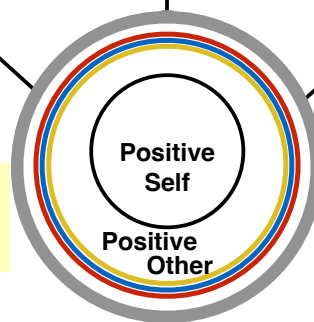
Self is embedded in and shaped by relational contexts

Stage 1: Stabilization - own and stabilize the patterns of how they *shape their world*



Stage 2: Restructuring Attachment Models of Self and Other -
corrective emotional experiences *reshape their world- working models of self and other*

Stage 3: Consolidation -
integrate restructured attachment
across daily life.



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Box 1.2 Steps and Stages of Client Change, Emotionally Focused Individual Therapy (EFIT)

Stage 1: Stabilization

- Step 1.** Form alliance with therapist; together assess the core attachment and emotion regulation struggle, including impact of cultural and racial stress; identify goals for therapy.
- Step 2.** Identify ineffective, repetitive patterns of affect regulation, working models of self and other, and patterns of interaction with others and within self that prime distress, depression, and anxiety.
- Step 3.** Access core frightening, and/or unfamiliar and unacceptable emotion; gain coherence and deepen.
- Step 4.** Recognize the problem as the negative dramas with key others, triggering vulnerabilities and unmet needs. Recognize that constricted ways of addressing these needs, in turn, trigger and confirm negative dramas. *Delineating the pattern disempowers it from remaining the rigid default strategy for regulating emotion, relating to self and others, and responding to life's challenges.*

Stage 2: Restructuring Safety, Working Models of Self and Other

- Step 5.** Distill and deepen core fears, vulnerabilities/insecurities, existential dilemmas. Disclose to imaginal other, to therapist or between parts of self. Distill – Deepen – Disclose.
 - Step 6.** Process real or imagined response to disclosure – the response may be accepting and warm or dismissive or hostile – regardless, the dance expands.
 - Step 7.** Express increasingly congruent, assertive, vulnerable, core emotions and needs, creating corrective emotional experiences of reaching, responding, and receiving. Process and integrate coherent, secure models of self and other.
- The first Stage 2 change event may be followed by more corrective emotional experiences – expressions of fears and needs and antidote bonding events of *engagement* and *softenings* across relationships.

Stage 3: Consolidation

- Step 8.** Explore new solutions to past problems with newly shaped views of self and other, engaging in accessible, responsive, and engaged ways with safe others.
- Step 9.** Consolidate new broaden-and-build cycles to engage with life.

Adapted from [Johnson \(August, 2019, Externship in EFCT Manual, p. 30\)](#).

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