

# Chapter Seven – Working with Emotion to Shape the Blamer Softening Change Event (Steps 5-7)

In Chapter 7 I explore the blamer softening change event (BLS). This second round of Steps 5–7 is focused on the more pursuing partner softening and taking a new position in the relationship. I present recent research that shows that BLS is found to be crucial to success in shaping secure bonds between partners. After defining the change event of BLS, I guide the reader on an exploration of the key ingredients of change in BLS from the perspectives of what is seen, what is done, and *how* the steps are done.

## What a therapist sees and hears in Steps 5, 6 & 7 Blamer Softening (BLS)

I provide descriptions and validations for the following elements that a therapist is likely to see:

- An engaged withdrawer
- A Pursuer sometimes withdrawing.
- Vulnerable emotions “online”.
- Emerging similarities between withdrawers’ and pursuers’ needs and longings: After the second Stage 2 change event, (withdrawers wanting acceptance and space, and pursuers wanting connection and closeness) emerge as the same basic need to know the other is fully there for them.

## What therapist and clients do in Steps 5, 6, & 7 BLS

I share a snapshot of Kyle and Tara’s experience of Tara’s blamer softening change event. According to the expanded themes of the original blamer softening mini-theory (Bradley & Furrow, 2004, 2007, & 2010), I also delineate ten basic themes of what therapist and clients do in Steps 5, 6, and & 7 BLS with Sophie’s softening in her relationship with the re-engaged Ella. Bradley and Furrow have provided a readily accessible and practical map of the softening change event for therapists newly stepping into EFT. The EFT interventions used for each theme are noted.

## How a therapist does Steps 5, 6 and 7 BLS

I discuss how a therapist uses the EFT interventions to facilitate BLS in a similar manner to Steps 5, 6, and & WRE.

I conclude Part 3 – The role of emotion in creating lasting change: Reshaping attachment bonds in Stage 2 of EFT – with references to studies showing that the BLS change event is necessary to reduce attachment anxiety and to successfully reshape an attachment bond. I also cite recent research validating the importance of the WRE change event for lasting change.