5 Moves of the EFT Tango with Individuals

1. Reflect Present Process:
   - Cue / limbic appraisal
   - Bodily responses
   - Attachment meanings
   - Action Tendency - behavior and impulses to action

   Use simple reflections to link elements of emotion and typical pattern.
   Validate secondary (surface, reactive) emotion.
   Validate conflicting parts. Access primary emotion in both sides of a conflict.

2. Explore primary, deeper or new emotions. Use emotional handles. Linger to deepen and distill.

3. Invite clear, simple expression / ownership of the primary emotion or the need and motivation embedded in that primary emotion. (May be expressed to therapist or enacted with an “imagined other” or between two parts of self.)

4. Process the experience of the enactment/expression.
   (“How did it feel to express this ____?” “How does it feel to hear it?”)

5. Integrate, Validate, Reflect and Heighten. (“Tie a bow”)
   (Integrate risking, reaching in new ways, shifts in views of self, and other).

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