

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).