Reaching in Smaller Steps - Concept brief

Understand the idea behind reaching in smaller steps and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Sam tries naming that a canceled plan felt lonely rather than making a global accusation.

The idea

Vulnerable contact is offered in manageable doses.

An ordinary example

Sam tries naming that a canceled plan felt lonely rather than making a global accusation.

What this can look like

Draft one low-intensity reaching statement and a less exposed alternative; practice only with clinician support and mutual consent.

Check the fit

What level of openness is manageable today? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

An interaction cycle is a relational map, not a way to split responsibility equally for abuse or excuse harmful behavior.

Reflection

What level of openness is manageable today?

Scope and adaptation

Joint exercises require private safety assessment, voluntary participation, and appropriate EFT training. Do not invite joint vulnerability, enactments, or disclosure where coercion, violence, fear, or retaliation may be present. Use individual support and appropriate referrals instead. This collection concerns attachment-based Emotionally Focused Therapy, not tapping or Emotional Freedom Techniques.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is EFT?. Full source links and scope: library.morethantherapy.org/approaches/resources/EFT-A06-1