Receiving a Bid - Concept brief

Understand the idea behind receiving a bid and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex says a difficult commute left them wanting a welcoming moment.

The idea

Receiving can begin with accurate acknowledgment rather than immediate fixing.

An ordinary example

Alex says a difficult commute left them wanting a welcoming moment.

What this can look like

Practice reflecting a partner's stated feeling and checking accuracy before giving advice.

Check the fit

What acknowledgment matches what was actually said? 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 acknowledgment matches what was actually said?

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-A07-1