Availability Conversation - Practice worksheet

List what being available looks like during an ordinary busy week, including realistic limits.

Adults; supported use as appropriate | 15 minutes

Fictional example: Sam can offer a ten-minute check-in but cannot answer work messages immediately.

Use an ordinary or fictional example, with a clinician when appropriate. Accessibility can be described in concrete behaviors.

Practice task

List what being available looks like during an ordinary busy week, including realistic limits.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which signals of availability are feasible for both people?

4. An optional next step, support, adaptation, or reason to stop:

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-A08-2