Engagement without Performance - Concept brief

Understand the idea behind engagement without performance and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Sam listens better while looking at a page rather than directly at Alex.

The idea

Connection need not require eye contact, touch, or a polished emotional display.

An ordinary example

Sam listens better while looking at a page rather than directly at Alex.

What this can look like

Identify accessible signs of engagement such as written reflection, a nod, or a scheduled return.

Check the fit

What does engagement look like for each of you? 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 does engagement look like for each of you?

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-A10-1