# Engagement without Performance - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Connection need not require eye contact, touch, or a polished emotional display.

## Practice task

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

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

### 2. My response to the practice task above:

### 3. What does engagement look like for each of you?

### 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-A10-2