Repair after Missing a Bid - Concept brief

Understand the idea behind repair after missing a bid and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Sam realizes a practical answer missed Alex's wish for comfort.

The idea

A missed moment can be acknowledged without demanding immediate forgiveness.

An ordinary example

Sam realizes a practical answer missed Alex's wish for comfort.

What this can look like

Draft a repair that names the missed bid, its impact, and an offered next step.

Check the fit

What can you own without telling the other person how to feel? 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 can you own without telling the other person how to feel?

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-A14-1