Trust in Small Moments - Review journal

Review an attempt at trust in small moments and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Alex and Sam agree to clarify weekend plans by a mutually chosen time.

Use an ordinary or fictional example, with a clinician when appropriate. Trust may be supported by observable consistency rather than promises alone.

Practice task

Choose a small agreement, a realistic limit, and a check-in about its impact.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. How will you learn whether this agreement helps? My optional adjustment or support request:

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-A15-5