# Receiving Care without Debt - Review journal

Review an attempt at receiving care without debt and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Sam appreciates help with a task and worries it creates an unspoken debt.

Use an ordinary or fictional example, with a clinician when appropriate. Care can be explored without assuming obligation or dependence is weakness.

### Practice task

Notice what happens when support is offered and identify a response that preserves autonomy.

### 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. What would make receiving care feel clearer and freer? 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-A17-5