Family Attachment Language - Review journal

Review an attempt at family attachment language and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: A caregiver wants a teenager to know that asking for space will not end their care.

Use an ordinary or fictional example, with a clinician when appropriate. Family connection includes developmental needs and differences in power.

Practice task

With an appropriately trained clinician, translate an adult caregiver's concern into an age-sensitive invitation without requiring a child's disclosure.

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 can the adult communicate care while respecting the young person's choice? 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-A18-5