# Readiness and Safety First - Review journal

Review an attempt at readiness and safety first and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: A fictional person worries that an honest answer could lead to punishment at home.

Use an ordinary or fictional example, with a clinician when appropriate. Joint vulnerability work depends on safety and voluntary participation.

## Practice task

Privately discuss with a clinician whether fear, coercion, violence, or retaliation makes joint exercises unsuitable; do not share this worksheet with an unsafe partner.

### 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 assessment or individual support is needed before any joint work? 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-A20-5