Signals under the Reaction - Concept brief

Understand the idea behind signals under the reaction and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex sounds irritated but identifies uncertainty about being included.

The idea

Visible reactions may cover more vulnerable experiences.

An ordinary example

Alex sounds irritated but identifies uncertainty about being included.

What this can look like

Separate an outward response from possible softer feelings and mark all guesses for the other person as unconfirmed.

Check the fit

What feeling can you name for yourself without assigning one to your partner? 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 feeling can you name for yourself without assigning one to your partner?

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-A02-1