Signals under the Reaction - Clinician dialogue

Guide a collaborative conversation about signals under the reaction while checking fit and participant choice.

Mental health professionals | 15 minutes

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

Invite and obtain permission

Offer: "Would it be useful to explore signals under the reaction using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: Visible reactions may cover more vulnerable experiences. Ask what fits and what does not.

Guide the task

Separate an outward response from possible softer feelings and mark all guesses for the other person as unconfirmed. Ask for permission before giving an example. Use this fictional illustration if useful: Alex sounds irritated but identifies uncertainty about being included.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What feeling can you name for yourself without assigning one to your partner? Avoid assigning motives or interpreting silence as agreement.

Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

Reflection

What would tell me to adapt, stop, or seek supervision?

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-A02-3