Signals under the Reaction - Review journal

Review an attempt at signals under the reaction and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Visible reactions may cover more vulnerable experiences.

Practice task

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

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 feeling can you name for yourself without assigning one to your partner? 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-A02-5