Attachment Need Words - Concept brief

Understand the idea behind attachment need words and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex wants a brief message when plans change.

The idea

A need for connection can be stated without demanding a specific response.

An ordinary example

Alex wants a brief message when plans change.

What this can look like

Translate an ordinary complaint into a feeling and a request for reassurance, accessibility, or clearer contact.

Check the fit

What request feels specific, voluntary, and answerable? 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 request feels specific, voluntary, and answerable?

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-A03-1