Protective Moves with Context - Concept brief

Understand the idea behind protective moves with context and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Sam goes quiet to avoid arguing, while Alex experiences the silence as distance.

The idea

Protection can be understood while harmful behavior remains accountable.

An ordinary example

Sam goes quiet to avoid arguing, while Alex experiences the silence as distance.

What this can look like

Describe a protective move, its history as you understand it, and its current relational cost.

Check the fit

How can understanding the function coexist with changing the impact? 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

How can understanding the function coexist with changing the impact?

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-A04-1