Protective Moves with Context - Review journal

Review an attempt at protective moves with context and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Protection can be understood while harmful behavior remains accountable.

Practice task

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

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. How can understanding the function coexist with changing the impact? 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-A04-5