Reaching in Smaller Steps - Review journal

Review an attempt at reaching in smaller steps and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Sam tries naming that a canceled plan felt lonely rather than making a global accusation.

Use an ordinary or fictional example, with a clinician when appropriate. Vulnerable contact is offered in manageable doses.

Practice task

Draft one low-intensity reaching statement and a less exposed alternative; practice only with clinician support and mutual consent.

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 level of openness is manageable today? 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-A06-5