# Receiving a Bid - Review journal

Review an attempt at receiving a bid and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Alex says a difficult commute left them wanting a welcoming moment.

Use an ordinary or fictional example, with a clinician when appropriate. Receiving can begin with accurate acknowledgment rather than immediate fixing.

### Practice task

Practice reflecting a partner's stated feeling and checking accuracy before giving advice.

### 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 acknowledgment matches what was actually said? 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-A07-5