Availability Conversation - Concept brief

Understand the idea behind availability conversation and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Sam can offer a ten-minute check-in but cannot answer work messages immediately.

The idea

Accessibility can be described in concrete behaviors.

An ordinary example

Sam can offer a ten-minute check-in but cannot answer work messages immediately.

What this can look like

List what being available looks like during an ordinary busy week, including realistic limits.

Check the fit

Which signals of availability are feasible for both people? 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

Which signals of availability are feasible for both people?

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-A08-1