Availability Conversation - Review journal

Review an attempt at availability conversation and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Accessibility can be described in concrete behaviors.

Practice task

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

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. Which signals of availability are feasible for both people? 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-A08-5