Responsiveness Menu - Concept brief

Understand the idea behind responsiveness menu and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex prefers a question before a hug, while Sam prefers quiet company.

The idea

Helpful responses are personal and should be checked.

An ordinary example

Alex prefers a question before a hug, while Sam prefers quiet company.

What this can look like

Each person chooses preferred responses to a minor disappointment and identifies responses that do not fit.

Check the fit

How will you ask what kind of response is wanted? 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

How will you ask what kind of response is wanted?

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-A09-1