Responsiveness Menu - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Helpful responses are personal and should be checked.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. How will you ask what kind of response is wanted?

4. An optional next step, support, adaptation, or reason to stop:

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-A09-2