Responsiveness Menu - Review journal

Review an attempt at responsiveness menu and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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. How will you ask what kind of response is wanted? 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-A09-5