Engagement without Performance - Review journal

Review an attempt at engagement without performance and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Sam listens better while looking at a page rather than directly at Alex.

Use an ordinary or fictional example, with a clinician when appropriate. Connection need not require eye contact, touch, or a polished emotional display.

Practice task

Identify accessible signs of engagement such as written reflection, a nod, or a scheduled return.

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. What does engagement look like for each of you? 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-A10-5