De-escalation Review - Concept brief

Understand the idea behind de-escalation review and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex and Sam still disagree but return after a planned break.

The idea

Reduced escalation is meaningful even before deeper bonding work.

An ordinary example

Alex and Sam still disagree but return after a planned break.

What this can look like

Review a recent manageable conversation for slower pace, fewer assumptions, or a workable repair.

Check the fit

What changed in the process even though the issue remains? 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

What changed in the process even though the issue remains?

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-A12-1