De-escalation Review - Review journal

Review an attempt at de-escalation review and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Reduced escalation is meaningful even before deeper bonding work.

Practice task

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

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 changed in the process even though the issue remains? 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-A12-5