Enactment Preparation - Concept brief

Understand the idea behind enactment preparation and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex wants to explain a small hurt but is unsure about saying it aloud.

The idea

Speaking directly requires readiness, safety assessment, and choice.

An ordinary example

Alex wants to explain a small hurt but is unsure about saying it aloud.

What this can look like

With an EFT-trained clinician, define a brief message, a receiving task, a stop cue, and an observing alternative before any direct exchange.

Check the fit

What must be in place before this exchange is invited? 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 must be in place before this exchange is invited?

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-A13-1