Enactment Preparation - Review journal

Review an attempt at enactment preparation and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Speaking directly requires readiness, safety assessment, and choice.

Practice task

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

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 must be in place before this exchange is invited? 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-A13-5