Repair after Missing a Bid - Practice worksheet

Draft a repair that names the missed bid, its impact, and an offered next step.

Adults; supported use as appropriate | 15 minutes

Fictional example: Sam realizes a practical answer missed Alex's wish for comfort.

Use an ordinary or fictional example, with a clinician when appropriate. A missed moment can be acknowledged without demanding immediate forgiveness.

Practice task

Draft a repair that names the missed bid, its impact, and an offered next step.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What can you own without telling the other person how to feel?

4. An optional next step, support, adaptation, or reason to stop:

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-A14-2