Repair after Missing a Bid - Review journal

Review an attempt at repair after missing a bid and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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 can you own without telling the other person how to feel? 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-A14-5