Trust in Small Moments - Concept brief

Understand the idea behind trust in small moments and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex and Sam agree to clarify weekend plans by a mutually chosen time.

The idea

Trust may be supported by observable consistency rather than promises alone.

An ordinary example

Alex and Sam agree to clarify weekend plans by a mutually chosen time.

What this can look like

Choose a small agreement, a realistic limit, and a check-in about its impact.

Check the fit

How will you learn whether this agreement helps? 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

How will you learn whether this agreement helps?

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-A15-1