Trust in Small Moments - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Trust may be supported by observable consistency rather than promises alone.

Practice task

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

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

2. My response to the practice task above:

3. How will you learn whether this agreement helps?

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-A15-2