Receiving Care without Debt - Concept brief

Understand the idea behind receiving care without debt and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Sam appreciates help with a task and worries it creates an unspoken debt.

The idea

Care can be explored without assuming obligation or dependence is weakness.

An ordinary example

Sam appreciates help with a task and worries it creates an unspoken debt.

What this can look like

Notice what happens when support is offered and identify a response that preserves autonomy.

Check the fit

What would make receiving care feel clearer and freer? 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

What would make receiving care feel clearer and freer?

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-A17-1