Readiness and Safety First - Concept brief

Understand the idea behind readiness and safety first and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A fictional person worries that an honest answer could lead to punishment at home.

The idea

Joint vulnerability work depends on safety and voluntary participation.

An ordinary example

A fictional person worries that an honest answer could lead to punishment at home.

What this can look like

Privately discuss with a clinician whether fear, coercion, violence, or retaliation makes joint exercises unsuitable; do not share this worksheet with an unsafe partner.

Check the fit

What assessment or individual support is needed before any joint work? 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 assessment or individual support is needed before any joint work?

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-A20-1