Readiness and Safety First - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Joint vulnerability work depends on safety and voluntary participation.

Practice task

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

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

2. My response to the practice task above:

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

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-A20-2