

EFT CHEAT SHEET

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EMOTIONALLY FOCUSED THERAPY

THERAPEUTIC PRINCIPLES

1. Establish Emotional Safety

- Create a supportive space where clients feel safe exploring their emotions.

Techniques:

- Use empathetic listening and validate clients' emotional experiences.
- Maintain a non-judgmental tone and offer reassurance to foster trust.
- Provide a calm, soothing environment to encourage emotional expression.

2. Identify Negative Interaction Patterns

- Help clients recognize unhelpful relational patterns that fuel emotional distress.

Techniques:

- Refrain from recurring behaviors like withdrawal or pursuing in relationships.
- Identify unhelpful ways these patterns can deeply impact one's sense of emotional security and overall well-being.
- Encourage clients to observe their emotional responses during conflicts.

3. Access and Express Primary Emotions

- Guide clients to explore and express vulnerable emotions beneath surface reactions.

4. Restructure Negative Interaction Patterns

- Facilitate the replacement of negative interaction patterns with healthier alternatives.

Techniques:

- Encourage clients to express their primary emotions and needs, fostering emotional responsiveness.
- Guide clients to explore and express vulnerable emotions beneath surface reactions.

Emotionally Focused Therapy

It is a structured, short-term approach grounded in attachment theory. It focuses on creating secure emotional bonds by helping clients explore their emotional experiences and changing negative interaction patterns.

Core Philosophy

- Emotional security and closeness are foundational to healthy relationships.
- Expressing primary emotions like fear and sadness helps strengthen bonds.
- Deep emotional experiences drive lasting change in relationships.

Key Concepts

- **Primary vs. Secondary Emotions** (Distinguish between underlying emotions (primary) and surface reactions (secondary)).
- **Attachment Needs** (Structural defense stems from primal security & connection needs).
- **Negative Interaction Cycles** (Recognize patterns where one seeks closeness and the other withdraws).
- **Retracting Behaviors** (How negative behaviors as protective responses to emotional pain).

Therapy Goals

- Foster secure, empathetic relationships through emotional bonding.
- Transform negative cycles into healthy, supported exchanges.
- Encourage open sharing of vulnerable emotions to strengthen trust and intimacy.
- Help clients manage their emotional reactions more constructively.

Therapeutic Process

- **Assessment** (Identify the negative interaction cycles and attachment needs that contribute to relationship distress).
- **De-escalation** (Help clients understand and interrupt their negative patterns of interaction).
- **Restructuring** (Guide clients in expressing their primary emotions and needs, fostering emotional responsiveness).
- **Consolidation** (Strengthen new patterns of interaction, promoting ongoing emotional security and connection).

Therapeutic Techniques

- **Empathy and Validation** (Validate clients' emotions to build trust and emotional safety).
- **Explorative Questions** (Elicit primary emotions by exploring deeper feelings beneath surface reactions, helping clients connect with core emotional needs).
- **Emotionwork** (Encourage clients to express their emotional needs directly to their partner during sessions).
- **Reframing** (Help clients see negative behaviors as attempts to meet attachment needs rather than personal attacks).
- **Restructuring Interactions** (Help clients change the way they respond to one another emotionally, fostering more supportive interactions).

Application

EFT is effective for couples with emotional disconnection or conflict, individuals with attachment issues, and in family therapy to strengthen bonds and resolve conflicts.

TECHNIQUES

Emotionwork

- Encourage clients to share vulnerable emotions directly with their partner in session.
- Help clients practice emotional openness in a safe, supported environment.
- Strengthen emotional bonds by fostering meaningful and open emotional exchanges, deepening trust.

Softening Defense

- Help clients recognize and soften protective behaviors that block emotional intimacy.
- Guide them to approach each other with vulnerability instead of defensiveness, fostering deeper connection.
- Encourage openness and reduced emotional distance between partners.

Restructuring Bonds

- Facilitate the creation of new emotional responses that foster security and connection.
- Encourage clients to turn toward each other in moments of distress instead of withdrawing or attacking.
- Deepens emotional intimacy and enhances the bond between partners.

Creating New Emotional Responses

- Encourage clients to update reactions to new ways that align with their deeper needs.
- Guide partners to respond to each other with supportiveness and loving behaviors, breaking old harmful cycles.
- Helps create nurturing emotional interactions, fostering lasting change and security.



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