

The 5 Basic Moves of EFT

1 Reflect PresentProcess (Within/Between)

2 Explore more primary, deeper or new emotions

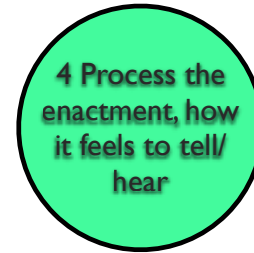
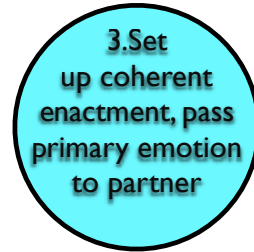
3. Set up coherent enactment, pass primary emotion to partner

4 Process the enactment, how it feels to tell/ hear

5) Integrate/ validate, reflect process, (VOS/ VOO) Tie

Stage I

Negative Cycle	Accessing Primary Emotion	Setting the Stage	Present Experience Processing	Tying the Bow
Brought focus to present process	Focused on the entry points	Sufficient emotional intensity	Interrupted escalation-kept it slow	Integrated the process of moves 1-4
Validated Reactivity	RISSSC - set the pace and tone	Created contact anticipation. (Did you tell her? what would it be like to tell? I suppose you don't get to hear this often?)	Explored/validated reactivity	Emphasized how they got to this new understanding
Linked to underlying feelings	Followed and led back to primary emotion as needed	Directed contact	Framed reactivity in the cycle	Reframed present positions and affirm growth and change
Reflected and organized with attachment frame	Anchored to felt sense/body experience	Processed the "no" redirected contact	Facilitated any acceptance present	Reflect VOS/VOO-underlying longings
"Lost" the content	Reframed (Validated and normalized emotion with attachment frame)	Alternatively, passed over the PE	Highlighted and heightened fears and longings evoked	Summarized session or reflected cycle, went back to 1



Stage 2/WRE

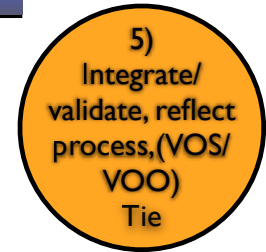
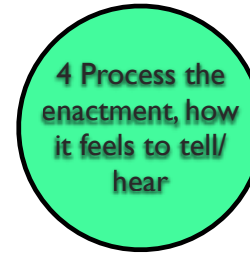
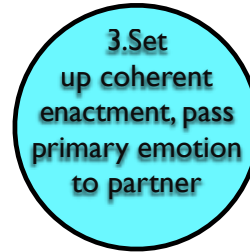
Negative Cycle	
Brought focus to present process	
Validated positive change	
Contrasted and likened	
Linked to underlying feelings	
Reflected and organized with attachment frame	
Stayed out of content	

Accessing Primary Emotion	
Focused on expanding and exploring w/W	
RISSC - set the pace and tone	
Followed and led back-zoomed in and out as needed	
Anchored to felt sense/body experience	
Walked around in primary emotion-invited more experiencing	
Held emotion with attachment frame	

Setting the Stage	
Created meaningful context	
Held emotional intensity	
Created contact anticipation. This is new to know. What would it be like to tell? You may have sensed this-what was it like to hear?	
Directed contact	
Kept present process focus	

Present Experience Processing	
Supported P. staying with partner's experience	
Framed difficulty in old cycle context and newness (VOS/VOO)	
Facilitated acceptance of partner's experience	
Encouraged accepting response	
Highlighted and heightened depth of contact	

Tying the Bow	
Integrated the new experience into new attachment narrative	
Emphasized how they got to this new understanding	
Reframed present positions and affirmed growth and change	
Reflect VOS/VOO-underlying longings	
Summarized session or reflected cycle, went back to 1	



Stage 2
Pursuer Softening

Negative Cycle	
Brought focus to present process	
Validated positive change	
Contrasted and liken	
Linked to underlying feelings	
Reflected and organized with attachment frame	

Accessing Primary Emotion	
Focused on expanding and exploring w/P	
RISSC - set the pace and tone	
Followed and led back-zoomed in and out as needed	
Anchored to felt sense/body experience	
Held emotion with attachment frame	

Setting the Stage	
Shored up the engaged withdrawer	
Prompted reach	
Processed fears of reaching-VOS/VOO	
Heightened present emotion	
Re-prompted, processed fears, heightened present emotion until P. reaches	

Present Experience Processing	
Supported P. reach	
Processed reach with engaged W. Encouraged staying with P's reach in present process	
Facilitated reach response from engaged W. Supported as needed. Kept present process focus	
Highlighted and heightened depth of contact	

Tying the Bow	
Integrated the new experience into new attachment narrative	
Emphasized present positions, affirming growth and change	
Summarized session or reflected change. Let emotional intensity disperse.	