

## **EFFT Emotion Coaching: Fluency Builder For Clinicians**

**Her father/mother is very toxic and shouldn't be involved.**

I can understand why you would feel s/he shouldn't be involved because:

- 1.
- 2.
- 3.

Emotional Support (1-2 sentences):

Practical Support (ideas):

**My child needs 1:1 therapy.**

I can understand why you would feel they need 1:1 therapy because:

- 1.
- 2.
- 3.

Emotional Support (1-2 sentences):

Practical Support (ideas):

**I don't think it's a good idea for me to be involved in this treatment.**

I can understand why you wouldn't want to be involved because:

- 1.
- 2.
- 3.

Emotional Support (1-2 sentences):

Practical Support (ideas):



**I wish I'd never had her/him.**

I can understand why you would feel that way because:

- 1.
- 2.
- 3.

Emotional Support (1-2 sentences):

Practical Support (ideas):

**If I push him to get out of bed, he'll threaten suicide (has made prior attempts).**

I can understand why you would be afraid to push him to get out of bed because:

- 1.
- 2.
- 3.

Emotional Support (1-2 sentences):

Practical Support (ideas):

**I feel like you're blaming me.**

I can understand why you would feel like I'm blaming you because:

- 1.
- 2.
- 3.

Emotional Support (1-2 sentences):

Practical Support (ideas):



**It's all my fault**  
**(child has ED, caregiver took child to a public weight management program as a child)**

I can understand why you would feel to blame because:

- 1.
- 2.
- 3.

Emotional support:

- A. Don't know if things could have been different / others have experienced this without X happening
- B. You did the best you could / No wonder...(based on your past)
- C. It's not what happens, it's what happens next

1-2 sentences:

Practical support: I can help you / your family through this

Ideas:

**It's all my fault**  
**(child is depressed and aggressive, in the past - caregiver was physically abusive and overtly critical when intoxicated)**

I can understand why you would feel to blame because:

- 1.
- 2.
- 3.

Emotional support:

- A. You did the best you could / No wonder...(based on your past)
- B. It's not what happens, it's what happens next

1-2 sentences:

Practical support: I can help you / your family through this

Ideas:



## EFFT - Emotion Coaching Framework Cheat Sheet

### Step 1 - Validate

A. Convey understanding of their experience (from their point of view):

I could understand you...

I could imagine you...

No wonder you...

It would make sense that you...

When I put myself in your shoes I could imagine you...

...might feel/think/want to/not want to \_\_\_\_\_

B. Demonstrate that you “get it” with sincerity and in a way that reflects their positive intentions, vulnerable feelings, or attempts for relief from pain:

because 1: \_\_\_\_\_ because 2: \_\_\_\_\_ because 3: \_\_\_\_\_

### Example:

I could understand you might feel/think/want to/not want to \_\_\_\_because #1

No wonder you might feel/think/want to/not want to \_\_\_\_because #2

It would make sense that you might feel/think/want to/not want to \_\_\_\_because #3

### Step 2 - Support

A: Emotional support ideas

- Comfort (a hand, a hug or loving words)
- Reassurance (“It’s going to be ok”)
- Communication of understanding (“I understand you”; “I hear you”)
- Communication of positive regard (“I know you are doing the best you can right now”)
- Communication of belief in the other (“I believe in you; “I believe you can do this”)
- Communication of togetherness (“We’re in this together”; “I want the best for you too”)
- Space\* (Why don’t I give you a few minutes and we’ll try again)

\*space can be physical or psychological *and* time-limited in that the plan for reconnection must be clearly communicated

B: Practical support ideas

- Proceed with plan
- Suggest a distraction activity (walk, movie, music, etc.)
- Redirect to another thought or activity
- Teach skills
- Exposure to the anxiety-provoking stimulus (in a gradual way)
- Offer solutions to solve the practical problem or take over to solve the problem
- Set a limit
- N/A (sometimes, once the other is validated and supported emotionally, no more is required)

