

EFFT Emotion Coaching: Practicing with Scripts

I don't want to _____

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

- 1.
- 2.
- 3.

Emotional support:

Practical support:

I feel so _____

No wonder you feel so _____:

- 1.
- 2.
- 3.

Emotional support:

Practical support:

Why are you trying to talk to me like you're my therapist?

I can understand / imagine why you would be weirded out by what I'm saying because:

- 1.
- 2.
- 3.

Emotional support:

Practical support:

EFFT - Emotion Coaching Framework Cheat Sheet

Step 1 - Validate

A. Convey understanding of their experience:

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”:

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
- Reassurance
- Communication of unconditional positive regard / no judgement
- Communication of togetherness (“we’re in this together”)
- Physical affection
- Space*

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

B: Practical support ideas

- Distract with a walk, movie or music
- 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