

EFT

Repeat these 5 moves again and again, as you move through the steps and stages of EFT.

5.
IntegrateValidateCongratulate
LOOK WHAT YOU
DID
"Tie a bow"

1. Reflect &
Distill Present
Process
(within/between)

Dancing the EFT Tango 2. Unfold
Deeper or New
Emotions

Sue Johnson, 2016

4. Explore
How Each
Experiences The
New Sharing
"How does it feel
to hear/tell?"



3. Turn New Experience Into New Signal To Partner/Enact

EFT

Repeat these 5 moves again and again, as you move through the steps and stages of EFT.

START OVER

ZOOM OUT SUMMARIZE

Integrate/Validate/
Congratulate
LOOK WHAT YOU DID
"Tie a bow"
(Metaprocess)



Reflect & Distill
Present Process
(within/
between)



ACCESS

Unfold, deeper or new emotions.



Adapted Rebecca Jorgensen, 2016 Sue Johnson, 2016



ZOOM IN

PROCESS ENACTMENT

Explore Experience of New Sharing: "How it feels to hear/tell?"



CROSS OVER

ENACT

Turn New Experience into New Signal to Partner



START OVER

Stage 1

EFT

Repeat these 5 moves again and again, as you move through the steps and stages of EFT.

ZOOM OUT

SUMMARIZE

Integrate/Validate/
Congratulate
LOOK WHAT YOU DID
"Tie a bow"

Metaprocess

Dancing the

CYCLE

Here & Now

Reflect & Distill Present Process

(within/

between)

EFT Tango

Sue Johnson, 2016

ZOOM IN

ACCESS

Unfold, deeper or new emotions.

Step 3





PROCESS ENACTMENT

Explore Experience of New Sharing: "How it feels to hear/tell?"

Step 4
Reframing the Stuck Spot



ENACT

Turn New Experience into New Signal to Partner



Adapted Rebecca Jorgensen, 2016

EFT

Repeat these 5 moves again and again, as you move through the steps and stages of EFT.



CYCLE Here & Now

Reflect & Distill Present Process (within/ Stage 2

ZOOM OUT

START OVER

SUMMARIZE

Integrate/Validate/
Congratulate
LOOK WHAT YOU DID
"Tie a bow"
(Metaprocess)



Sue Johnson, 2016

ZOOM IN
ACCESS

Deeper emotional processing (fears, working models linking need)

Step 5



PROCESS ENACTMENT

Explore Experience of New Sharing: "How it feels to hear/tell?"

Step 6 * Bonding

CROSS OVER

ENACT

Turn New Experience into New Signal to Partner

Step 7 (Eventually)

Adapted Rebecca Jorgensen, 2016