THE 5 Basic Moves of EFT
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1. Reflect & Distill Present Process (within/between)
2. Unfold Deeper or New Emotions
3. Turn New Experience Into New Signal To Partner/Enact
4. Explore How Each Experiences The New Sharing “How does it feel to hear/tell?”
5. Integrate-Validate-Congratulate

Dancing the EFT Tango

Sue Johnson, 2016

Repeat these 5 moves again and again, as you move through the steps and stages of EFT.
The 5 Basic Moves of 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/between)

**ACCESS**
Unfold, deeper or new emotions.

**ENACT**
Turn New Experience into New Signal to Partner

**SUMMARIZE**
Integrate/Validate/Congratulate
LOOK WHAT YOU DID
“Tie a bow” (Metaprocess)

**PROCESS ENACTMENT**
Explore Experience of New Sharing: “How it feels to hear/tell?”

**ZOOM OUT**

**ZOOM IN**

**Dancing the EFT Tango**
Adapted Rebecca Jorgensen, 2016
Sue Johnson, 2016

START OVER

CROSS OVER

ZOOM IN

START OVER
The 5 Basic Moves of EFT

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

1. **Start Over**
2. **Zoom Out**
3. **Summarize**
4. **Zoom In**
5. **Process Enactment**

**Cycling Here & Now**
Reflect & Distill Present Process (within/between)

**Dancing the EFT Tango**
Sue Johnson, 2016

**Stage 1**

**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

**Zoom Out**
Summarize
Integrate/Validate/Congratulate
Look What You Did “Tie a bow”

**Stage 2**

**Zoom In**
Enact
Turn New Experience into New Signal to Partner

Adapted Rebecca Jorgensen, 2016
THE 5 Basic Moves of EFT

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

1. **ZOOM IN**
   
   **ENACT**
   
   Turn New Experience into New Signal to Partner
   
   **Step 7 (Eventually)**

2. **ZOOM OUT**
   
   **SUMMARIZE**
   
   Integrate/Validate/Congratulate
   
   LOOK WHAT YOU DID
   
   “Tie a bow” (Metaprocess)
   
   **Step 6**^Bonding

3. **START OVER**

4. **CYCLE Here & Now**
   
   Reflect & Distill Present Process (within/)

5. **ZOOM IN**

   **ACCESS**
   
   Deeper emotional processing (fears, working models linking need)
   
   **Step 5**

**Dancing the EFT Tango**

Sue Johnson, 2016

Adapted Rebecca Jorgensen, 2016