

Life Management Associates, LLC

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Emotionally Focused Couples Therapy: Hold Me Tight



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Your Couple Strengths

Please take a few minutes to revisit what you see as your strengths as a couple. List your strengths here:

Think about and share what each one of you sees as the best two times in your relationship.

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Navigating Life's Obstacles.....Choose LMA



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This questionnaire is a great way to begin applying the wisdom of EFT to your own relationship. Answer the questions using a scale from 0 to 10, where 0 = not at all true. 10 = completely true. Write your rating in the right column and add up the total for each section

Rating [0 – 10]

Accessible: From your point of view, is your partner accessible to you?

1. Can I get my partners attention easily? _____
2. My partner is easy to connect with emotionally? _____
3. My partner shows me that I come first with him/her? _____
4. I am not feeling alone or shut out in this relationship? _____
5. I can share my deepest feelings with my partner. He/she will listen? _____

Total for Accessibility: _____

Responsive: From your point of view, is your partner responsive to you?

1. If I need connection and comfort, he/she will be there for me? _____
2. My partner responds to signals that I need him/her to come close? _____
3. I find I can lean on my partner when I am anxious or unsure? _____
4. Even when we fight or disagree, I know that I am important to my partner and we will find a way to come together? _____
5. I need reassurance about how important I am to my partner, I can get it? _____

Total for Responsiveness: _____

Engaged: Are you positively emotionally engaged with each other?

1. I feel very comfortable being close to, trusting my partner? _____
2. I can confide in my partner about almost anything? _____
3. I feel confident, even when we are apart, that we are connected to each other? _____
4. I know that my partner cares about my joys, hurts, and fears? _____
5. I feel safe enough to take emotional risks with my partner? _____

Total for Engagement: _____

Here's one more question for you: Can you freely discuss this quiz with your partner?

Circle one: Yes Or No

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Recognizing Your Demon Dialogue.

1. Identify your moves. On your own:

See if you can plot out the steps in the usual negative dance you find yourself caught in with your partner. When you suddenly feel a disconnection or tension between you, what do you do?

A. See if you can find any descriptors in the list below that describe what you are likely to do when there is tension between you [circle or underlying all that apply]:

Trying to Get Information
Point out Your Mistakes
Tell You How to Improve
Define You as the Problem
Tell You How to Change
Insist on Making My Point
Complain

Blame
Become Angry
Threatened
Plea
Become Critical
Ask Questions
Express Frustration

Demand Attention
Make Consequences
Yell
Blowup
Disapprove
Prod
Wail.

Now, fill in the blank to complete this sentence using the descriptors you marked in the list above:

“When things are not going right between us, I find that I tend to do some of these actions:

_____ which moves my attention and energy toward you.”

B. See if you are likely to do any of these things when there's tension between you [circle or underlying all that apply]:

Become very logical
Stay calm and reason with you
Protect myself by distancing
Minimize your concern
Try, or imagine, getting away
Defend myself by showing you you're wrong
Problem-solve
Shut you out
Get into my shell
Find an exit
Don't respond

Change the subject
Not listen and numb out
Focus elsewhere
Get busy on a task
Shrug off your concern
Zone out
Freeze
Give up
Refused to talk
Withdrawal

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Now, fill in the blank to complete this sentence using the descriptors you marked in the list above:

“When things are not going right between us, I find that I tend to do some of these actions: _____, which moves my attention and energy away from you. “

C. Summarize: when there's tension between us, I tend to: [directions: fill in the blanks with the one or two descriptors that fit best from each list. Some people identify actions from only one list; many people identify actions from both lists].

I moved toward you with these actions:

[Fill in the blank from your answers to B above.]

And/or

I move away from you by:

[Fill in the blank from your answers to B above.]

D. Taking turns, share your responses with your partner.

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2. Combine the moves. On your own:

A. In your own words, describe how you see your moves and your partner's moves. Start by putting your common actions in. Then add in your partner's common action.

When I _____
[your most common action]

then you _____
[your partners most common action]

And then the more I _____
[Your common action]

[Your partner's common action]

B. Now reverse the order. First, put your partner's common move in, and then add in your common move.

Then I _____
[You're most common action]

when you _____
[Your partner's most common action]

Hooray! This is the basic outline of your main Demon dialogue.

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C. Share what you see as your common moves and how they interrelate.

D. Some couples call their negative pattern the Tornado, the Vortex and the nothing. Together, see if you can agree on a name for your main Demon Dialogue and write it here. _____

Congratulations!

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