

EFT Session Preparation

Stage:\_\_\_\_\_ Step: \_\_\_\_\_

Date:\_\_\_\_\_

Partner 1

Partner 2

Moment of  
Disconnection  
/Couple Protests

Track the Cycle

Explore Emotions

Back to the cycle – The  
more you, then the  
more you.

Deepen Emotions  
Linger there and  
explore attachment  
fears and needs

Ask if they ever turn to  
each other and share  
this

Enactment

Process it – how is it to  
say / hear

Other:



Raw Spots and Views of Self

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