BEGINNING AN EFT COUPLE SESSION

A CHECKLIST

In the 5 minutes before the couple walk into the session, ask yourself the following:

1. Is the alliance intact with both partners?
2. What is the main negative cycle here---who does what?
3. What are the primary emotions underlying this cycle, and what are the linked attachment fears/issues?
4. Where are they in the steps of EFT? The next step is?
5. What are the pivotal incidents to be aware of that define the relationship?
6. What are the key images/definitions of self each partner uses?
7. What are the current blocks to engagement with self-emotions/other?
8. What are the highlights in the process of the last session?
9. What are the couple’s strengths (to validate)?
10. What is the main goal for this session?