

Tracking and reflecting the Cycle

You will learn

Aspects of tracking and reflecting
5 levels of the cycle

Common enemy

How to write EFT notes

Susan M. Johnson, Ed.D.

is the main proponent of Emotionally Focused Couple Therapy (EFT).
The content and philosophy presented in the EFT Lab are almost entirely based on Dr. Johnson's work. Dr. Johnson's books on EFT include:

Johnson, S.M. (2002). *Emotionally focused therapy with trauma survivors. Strengthening attachment bonds*. New York, NY: Guilford Press.(p.62-82)

Johnson, S.M. (2004). *The practice of emotionally focused couples therapy: Creating connections*. New York, NY: Brunner/Mazel. (p. 113-130)

Johnson, S.M., Bradley, B., Furrow, J.L., Lee, A., Palmer, G., Tilley, D., & Woolley, S. (2005). *Becoming an emotionally focused couple therapist: The Workbook*. New York, NY: Brunner-Routledge. (p. 105-111; 129-134)

Johnson, S.M. (2008). *Hold me tight: Seven conversations for a lifetime of love*. New York, NY: Little Brown. (p. 65-97)



The clips you will see in this segment of the EFT Lab have been provided by:*

Dr. Sue Johnson videos available through:

ICEEFT & Psychotherapy.net:
Emotionally Focused Therapy in Action
(Sue with Matt and Rhea)

Psychotherapy.net:
Therapy with the Experts
(Sue with Scott and Leslie)

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Aspects of tracking and reflecting

- Stance - tentative, collaborative, accepting, firm
- Tone - friendly, light, “standing beside”, egalitarian
- Language - non-blaming, vivid, metaphoric, colloquial, attachment oriented, includes their words
- Levels - behaviors, perceptions, secondary emotion, primary emotion, attachment needs
- Questions - designed to move them to a stepped back position; look at inner state and outer moves
- Pace - deliberate, balanced between couple, repeats, equal responsibility

Cycle 5 levels include for both partners:

- 1. Behaviors**
- 2. Perceptions/Attributions**-View of Self and View of Partner in relationship
- 3. Secondary** – Reactive Emotions
- 4. Primary Attachment Emotions**
- 5. Attachment Needs**

EFT
LabSM

husband

wife

behaviors

perceptions

secondary emotion

primary emotion
attachment needs

EFT
LabSM

wife
try to get
him to see

behaviors

husband
big guy short fuse
powerful temper

can't get through

perceptions

nasty guy

frustrated

secondary emotion

angry

scary

primary emotion
attachment needs

rejected

Video
was here

EFT
LabSM

husband

wife

behaviors

get off your rear

try to tell him

perceptions

just be happy,

secondary emotion

upset with
him

angry/mad

primary emotion
attachment needs

alone
painful

Video
was here

EFT
LabSM

husband

wife

shut down,
jab
“in your head”

behaviors

get off your rear
try to tell him

perceptions

just be happy

frustration

secondary emotion

upset with
him
mad

terrible
never enough

primary emotion
attachment needs

alone
painful

Video
was here

EFT
LabSM

husband

wife

behaviors

defensive
blow up

perceptions

secondary emotion

angry

primary emotion
attachment needs

are you there
for me?

starved

EFT
LabSM

husband

wife

in my cave
island

behaviors

defensive
blow up

I'm doing the
best I can

perceptions

angry

secondary emotion

angry

primary emotion
attachment needs

are you there
for me?

starved

EFT
LabSM

husband

wife

in my cave
island

behaviors

defensive
blow up

I'm doing the
best I can

perceptions

angry

secondary emotion

angry

confused

primary emotion
attachment needs

are you there
for me?

overwhelmed

starved

EFT
LabSM

wife 1

wife 2

Video
was here

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