

## Directions **Exercise: Tango Moves**

The following “Tango Cards” are to be given to different people. They are color-coded to correspond to Sue’s diagram of the tango.

Before the exercise, watch a brief video or discuss a case example. (E.g. 5 min of the movie *The Breakup*, Beethoven’s 5th *pantomime*, Sue with John and Julia, Sue in the *Hold me Tight* video with *The Zing*, the couple in Sue and Ed Tronick’s video or any of your own or trainees’ video example.

Give out the set of cards. Give each person enough time to read their card(s) before beginning the exercise. It is helpful to show the card on a slide as well so everyone knows what the participant is seeking to do.

Have two people in the roles of Partner A and Partner B, so participants are speaking to real people, although this is more of an exercise to flow through the moves of the Tango, than a role play.

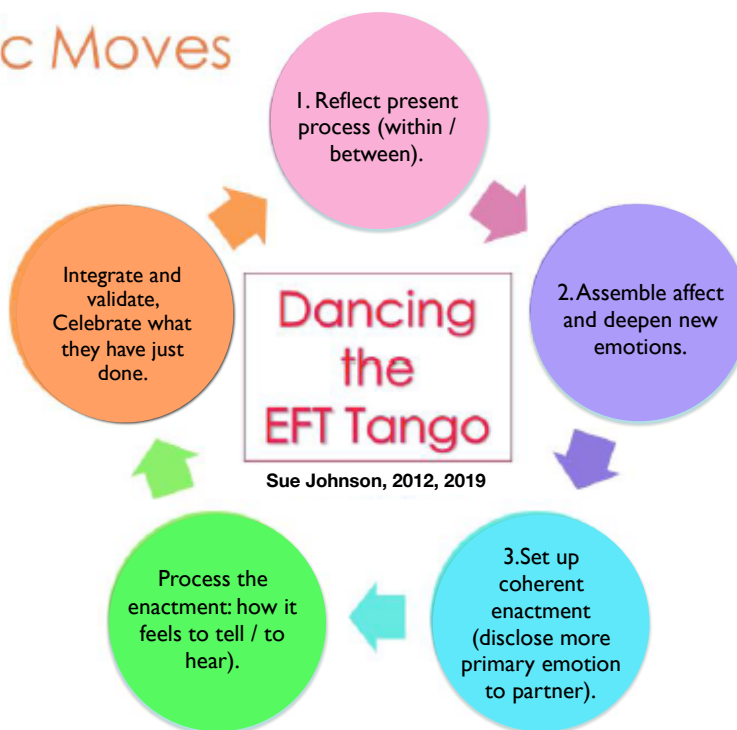
Notes: 1.This card and the tango diagram are not to be given to participants. 2. Tango 1 cards 9 and 10 are listed as optional. They ask to choreograph an enactment regarding action tendencies. Depending on what stage you are teaching, you may or may not want to use them. If you do, you may then want to use Tango 4 cards to follow up with processing the enactment.

At the end of Tango 5, you may return to Tango 2 - 5 for the second partner to partner assemble affect, deepen, disclose etc.

Brubacher Lee 2018

## THE 5 Basic Moves of EFT

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



**Tango 1**  
Reflect present process  
between / within  
the moves and the music

### Reflect the Present Process Between: (The Dance)

Track the link between one partner's action tendency & reactive emotion and the other partner's action tendency.

Examples:

You see your partner turn away from you, and you immediately fire up in anger.

The one whose acceptance you long for is looking unhappy and you automatically turn away in silence / or shrug your shoulders in frustration.

Tango 1 - card 1

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

### Catch Bullets when needed

Conjecture at attachment intentions or longings and reframe to catch bullets and maintain control for safety.

(Examples:

- When you don't know how else to deal with the message that you are a disappointment to your partner, you jump to shut the conversation down, yes?
- This sounds like a moment when you long so much to know you matter to your partner, that you pull out all the stops, to force him to prove it, yes?

Tango 1 - card 2

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

### Reflect the Present Process Within

Evoke the MEANING Partner A makes of the danger cue she or he hears / sees from Partner B.

Example: What does that say to you / what do you tell yourself when you see / hear, your partner...?

Reflect, after evoking.

Note: Nuances of attachment threatening meanings are often expressed as: You don't want me; You judge me as unacceptable; You are trying to change me, You don't care about me, I am a failure, I am inadequate, I am not important to you, I don't matter to you, I am despicable to you.

Tango 1 - card 3

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

### Reflection with an Attachment Frame

Make the attachment frame (separation distress related to partner) more explicit as you reflect the meaning creation.

Examples:

"When the one who is so important to you turns away, you say to yourself, "He doesn't want me - I'm just too much for him."  
When the most important person in the world to you, turns the volume way up, you say to yourself, "I am a total failure in her eyes."

Tango 1 - card 4

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

### Reflect the Present Process *Within* (for other partner)

Evoke the MEANING Partner B makes of the danger cue she or he hears / sees from Partner A.

Example: What does that say to you / what do you tell yourself when you see / hear, your partner...?

Reflect, after evoking.

Tango 1 - card 5

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

### Reflection with an Attachment Frame

Make the attachment frame (separation distress related to partner) more explicit as you reflect the meaning creation.

Examples:

“When the one who is so important to you turns away, you say to yourself, “He doesn’t want me - I’m just too much for him.”

When the most important person in the world to you, turns the volume way up, you say to yourself, “I am a total failure in her eyes.”

Tango 1 - card 6

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

### Track the Present Process *Between A and B:*

Track the links between what one partner does, the attachment meaning the other partner makes of that, and what the other partner does in response...

Tango 1 - card 7

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

### Validate Present Moment Distress of Both Partners...

...caught in this loop of “the more...the more...” [Name outside moves and music /meanings heard on the inside.]

e.g. The more A frowns and become sullen and silent, the more B hears disapproval, and turns away. The more B turns away, the more sad and sullen A becomes, interpreting B’s turn away to mean B doesn’t care about her.

Tango 1 - card 8

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

**Option: Choreograph enactment  
to own the action tendency**

Invite Partner A to own and disclose his or her action tendency to Partner B.

Example: Can you turn and tell B, "It is true I do turn away from you when I see your look of disappointment."

Tango 1 - card 9

**Tango 1**  
Reflect present process  
between / within  
the moves and the music

**Option: Choreograph enactment  
to own the action tendency**

Invite Partner B to own and disclose his or her action tendency to Partner A.

Example: Can you turn and tell A, "It is true I rev up and get louder and harsh towards you, when I see you turn away from me."

Tango 1 - card 10

**Tango 2**  
Assemble affect -  
Deepen new emotion

**Choose one partner to begin affect  
assembly  
CUE and Initial Perception**

Repeat the CUE (other's action tendency, facial expression, tone etc) and evoke, reflect, and linger with the "Oh oh" moment - the INITIAL THREAT PERCEPTION - that is triggered by the other partner's move.

Examples:

You see / hear your partner do \_\_\_\_, and before you do anything, you get an inner "Oh Oh", yes?

When you see / hear your partner do \_\_\_\_, is it like an alarm bell starts to ring? A danger warning?

Tango 2 - card 1

**Tango 2**  
Assemble affect -  
Deepen new emotion

**Cue and MEANING CREATION**

Using Repetition, Simple, Slow, Soft voice and Client's words (RiSSSC):

Repeat the CUE and evoke the MEANING MADE of the cue.

Reflect and linger with this attachment threatening meaning.

Eg: **Evoke:** You see his body stiffen, and what does that say to you or how do you make sense of that?

**Reflect:** You see his body stiffen, you tell yourself, he is fed up with you - that you are too much and he is going to go away, maybe forever!

Tango 2 - card 2

**Tango 2**  
Assemble affect -  
Deepen new emotion

### Link CUE, PERCEIVED THREAT, and MEANING to ACTION TENDENCY

Using RISSSC manner (Simple, slow, soft, client's words) repeat how the CUE from the partner indeed sounds an alarm and the meaning that is made just before this partner's automatic ACTION TENDENCY (and reactive emotion).

e.g.: So when we slow this down, *just* before your angry outburst (or your turn away in frustration), you see that look on your partner's face, it feels like a alarm bell warning, and you take the look to mean, "\_\_\_\_\_".

Tango 2 - card 3

**Tango 2**  
Assemble affect -  
Deepen new emotion

### Focus on the BODY RESPONSE - evoke and deepen

Using RISSSC manner (Simple, slow, soft, client's words) Repeat the cue, the meaning made, any obvious body response, and evoke the bodily felt sense of emotional experience:

Eg: You see / hear \_\_\_\_\_ from your partner, you say to your self, "Here we go, i'm about to lose her, your body stiffens and what happens inside?"

Tango 2 - card 4

**Tango 2**  
Assemble affect -  
Deepen new emotion

### Stay with the BODY RESPONSE deepen and distill

Using RiSSSC manner (Simple, slow, soft, client's words) - repeat and linger with the bodily response client named - and evoke the body's message. Reflect, repeat, repeat, after you evoke the body's message.

Eg: Your heart sinks / stomach knots — How does that feel right now? The tight knot in your stomach: What does it say?

It says, "This is it .... I will never make her happy ...

Tango 2 - card 5

**Tango 2**  
Assemble affect -  
Deepen new emotion

### Stay with the BODY RESPONSE deepen and distill

Using RiSSSC manner (Simple, slow, soft, client's words) - Linger with the felt sense of attachment threat - Repeat the meaning made, use proxy voice and use the "I" (image) in RISSSC to heighten felt sense of attachment threat.

e.g. "I will never make her happy" you said - "I will try and try and try but like the frog in a pot of boiling water, I will die trying and be thrown in the garbage heap."

Tango 2 - card 6

**Tango 2**  
Assemble affect -  
Deepen new emotion

### Engage with core emotion

Help client engage with core emotion that emerges as the story unfolds:

Reflect (or conjecture if needed) and heighten the core, underlying attachment emotion/fear, accessed through the cue, meanings, bodily arousal, and/or reactive emotion and action tendencies.

Use RISSSC.

Tango 2 - card 7

**Tango 3**  
Set up coherent enactment

Stay with one clear element – could be action tendency

or newly accessed core attachment emotion.

Reflect.

Tango 3 - card 1

**Tango 3**  
Set up coherent enactment

Heighten emotional experiencing with RISSSC

Repeat, Simple, Soft, Slow, Client's words.

Tango 3 - card 2

**Tango 3**  
Set up coherent enactment

Heighten emotional experiencing with RISSSC

I = image

Tango 3 - card 3

**Tango 3**  
Set up coherent enactment

Anticipate turning to look at partner and disclosing this to partner.

Eg: I'd like you to imagine turning to your partner and sharing \_\_\_\_\_  
(Repeating the specifics you have distilled.)

Tango 3 - card 4

**Tango 3**  
Set up coherent enactment

Make simple, direct request - sharpening the focus.

(Repeating core message to share).

Slice thinner if needed. Make request again.

Tango 3 - card 5

**Tango 3**  
Set up coherent enactment

If necessary:

Block detours, contain escalation, and refocus.

Tango 3 - card 6

**Tango 4**  
Process the enactment

Check in with discloser - What was it like to share this?

(Replay the moment of contact and repeat core message shared).

Re-focus when needed.

Tango 4 - card 1

**Tango 4**  
Process the enactment

Validate or heighten discloser's experience.

Tango 4 - card 2

**Tango 4**  
Process the enactment

Check in with recipient - What was it like to hear this?  
(Replay the moment of contact and repeat core message shared). Re-focus when needed.

Tango 4 - card 3

**Tango 4**  
Process the enactment

Foster supportive, affiliative responding.  
Or validate hesitancy or non-acceptance in context of the cycle.  
Validate and heighten interpersonal experience.

Tango 4 - card 4

**Tango 5**  
Summarize, integrate, celebrate; Tie a bow

Summarize and validate what they just did.

Tango 5 - card 1



**Tango 5**  
Summarize, integrate,  
celebrate; Tie a bow

Consolidate and celebrate the specifics of this new  
experience of interpersonal contact.

Tango 5 - card 2

**Tango 5**  
Summarize, integrate,  
celebrate; Tie a bow

Validate they can do this: They can follow their emotion  
and become safer together in disclosing and responding.

Tango 5 - card 3

**Option: Repeat**  
Tango 2 - 5

Return to Tango 2 - 5 to help the second partner to  
assemble affect, deepen, disclose etc.

Return to Tango 2 cards...