

EFIT Chapter - Answer Key / Suggested Responses

Exploring the EFT Tango in EFIT

Exercise 9.1: Move 1. Reflecting present process. Answer C. “C” is a reflection in the present moment of the behavioral aspect of *how* he copes. The therapist hones in on his fragmented story and how “hyper” he seems in the moment and the cycle in which he is caught – demanding a lot from himself and his wife) and the emotional impact this pattern is having on him (empty, frantic and feeling rejection). “A” although offering some empathy and validation, is focused on insight and explanation and “B” while giving reassurance is teaches a skill. EFT is neither an insight nor a skill-based therapy.

Exercise 9.2: Move 2. Assembling and Deepening emotion. Answer B.

“B” focuses first on the trigger (losing in court) and his action tendency (pushing, speeding up) – and links that trigger and action tendency to his perceived danger of losing (meaning he makes) and a felt sense of emptiness and dizziness. “A” offers empathy for his struggle but is mostly focused on searching for insight. There is no assembly of different elements of emotion. “C” provides an explanation and a cognitive reframe of looking at himself in a more positive light, implying that if he would think differently, the perceived threat would disappear.

Exercise 9.3: Move 3 of the EFT Tango: Shaping an Encounter - Discoveries in three encounters

- a) In an encounter with the therapist, Stephen is likely to discover more explicitly, how his pattern of automatically dismissing others’ positive feedback invariably triggers his sense of embarrassment or shame.
- b) In an encounter between two parts of self, he is likely to discover more of his longing for comfort and the rigid pressure and harshness he extends towards himself. He may also discover how afraid he is to stop pushing himself – and he may discover some a deeper awareness of his exhaustion.
- c) In an encounter with an image of his mother, where he risks expressing the anger he has been avoiding, Stephen discovers that underlying his anger are deep sadness and longings to be seen as a person of worth – as good enough in her eyes.

Exercise 9.4: Move 4. Processing an Encounter. Answer B.

“B” begins with an evocative question to evoke his present moment experience (the impact of discovering his unexpressed pain and longings,) combined with reflecting what he did (expressing his resentment to an image of his mother.) “A” is didactic, explanatory, moves away from present moment experience. “C” is based on historical explanation – does nothing to bring present moment experience alive.

Exercise 9.5: Move 5. Integrating and validating Answer A

“A” does the most to explicitly validate and integrate the core themes of Stephen’s in-session courage and expression of newly emerging emotion.

“B” and “C” both lack focus on integrating these core themes. They are not present-focused, rather they offer homework for change outside of session. “C” also reflects the therapist’s fear of client dependency – which is outside the model of EFT.

Exercise 9.6 Formulating Reflections Key words to have included in your reflections may include:

1. Sense of Self: I'm a loser – not chosen – not enough- must push and stay hyped or I'll be nothing.
2. Ways of dealing with emotion: He touches on difficult emotion then shifts – pressures himself to avoid inner feelings; works hard to perform but no performance is enough; rest is only temporary. The image of being caught on a *treadmill* is useful.
3. Ways of connecting with attachment figure: demands or becomes angry and pushes his wife away - doubts her choice of him so pressures himself and her.
4. Core, underlying emotions: Exhaustion /tired – empty /helpless – freaked out / afraid of rejection.

Exercise 9.7: Attuning and exploring in beginning sessions

Key elements to attune to in early sessions:

1. Client's manner of engaging with the therapist and with others.
 - Others never gave me room to feel.
 - Sarcastic sneer
 - We were strong – nothing would get us down
 - Nervous chuckles, clutching belly
 - Dismiss – help me move on
 - Silly to dwell on being terrified
2. Patterns of affect regulation.
 - dad dismissed her fears and pain like she does now
 - no room for silliness / fear of job hunting
 - gather courage be strong like dad taught me to be
3. How client deals with vulnerabilities:
 - Clutching her belly
 - I feel nothing
 - Chuckles
 - mostly numb
 - act strong
4. Signs of dominant models of self and of others:
 - I'm none of what mom was: confident, assured, beautiful, successful
 - I'm alone, depressed, unmotivated
 - others never gave me room to feel
 - had to be responsible ever since mom died
 - we are strong – nothing gets us down
 - must have been shattered to lose my mom – but who knows
5. Achievements, moments of competence or personal worth.
 - Did well in MBA
 - Was a great older sister

Exercise 9.8: Identifying the repetitive cycle:

Suggested Response: Her emotions were minimized by dad and she minimizes and dismisses her own emotions. She dismisses the therapist before. She was dismissed by others and she dismisses self and others and moves on quickly to keep others from coming too close.

Exercise 9.9: Finding emotional handles:

Suggested Response: Bodily response of clutching her belly as she speaks of deep loss. Feel nothing. I'm alone. Be responsible. Be strong. Must have been shattered to lose my mom. Who knows? Move on. Used to be proud. No room for silliness.

Tango Move 1 - Mirroring Present Process

Exercise 9.10: Identify emotional handles and signs of bodily arousal

Emotional handles: Depressed; Down; No energy; I do worry; maybe he is getting ready to move on; sleeping a lot, watching TV and eating bad stuff; I'm fine really.

Signs of bodily arousal: giggles, winces, flips hand in air, shrugs, tears,

Exercise 9.11: Reflection of present process

1. Present triggers: boyfriend is busy; loss of job;
2. Action tendencies: brush off the tears, minimize the fear, say, "I'm fine"; act nonchalant
3. Emotional response: tired, depressed, barely any energy for anything, and very worried

Exercise 9.12: Validate by linking trigger and action impulse.

I hear the struggle – losing your job – Tim saying he is busy with his job – mom being harsh - these are difficult things (triggers) - of course they hurt so much (emotional distress) that you find yourself (1) sinking into oblivion, (2) numbing the pain and fear with sleep, tv and junk food. (3), shrugging off the pain, and (4) not reaching out to anyone. (four action impulses)

Exercise 9.13: Finding interventions.

It's hard to know how to believe you can move forward in your life? **Answer 3.** Reflection with a reframe of a goal / longing:

Everything seems pointless, ...nothing is going to work? **Answer 2.** Validating experience.

When you get really down – who can you turn to for support? **Answer 1.** Evocative question with an attachment image:

Exercise 9.14: Empathic reflection. Sounds kind of lonely. (slightly on the leading edge of the client's words)

Exercise 9.15: The pattern that protects and imprisons her (Tango Move 1). It feels safer to stay alone than to risk reaching to anyone for support. You feel like the odd one – unable to make friends – so you keep everyone at a distance – all alone – and lonely! The more you keep others at a distance, the more lonely and depressed you feel – and the more lonely and depressed you feel, the less safe and approachable others seem – and the more you keep them at a distance.

Exercise 9.16: Review of basic EFIT elements in a beginning session.

1. Pattern of affect regulation: Distancing, avoiding, minimizing, and numbing with distractions.
2. How her affect regulation at once protects and imprisons her: The more she dismisses her own emotions and withdraws to protect herself, the more unavailable and dangerous others seem and the more inaccessible and frightening her own emotions become.

3. Her basic within / between pattern of engagement: Avoid own emotions / avoid reaching to others; Distance from inner experience / isolate from others who will hurt her and let her down.

4. Model of other: Angry, hurtful, unavailable

5. Model of self: Odd one, nutcase, never get it right, never good at making friends.

Exercise 9.17: Themes of Emotional disorders in Amy's life and story.

Perceived Danger – can't trust others; have no control.

Depression – lonely, unlovable, unwanted, helpless, loss, sense of failure, self-criticism.

Anxiety – lacking clarity, intense negative emotion, vigilance, avoidance, emotion feared cues negative attributions.

Overall numbing, sense of danger, helplessness, restricted sense of choice and agency.

Tango Move 2 - Emotion Assembly and Deepening

Exercise 9.18: Surface, reactive emotion. Amy's basic surface emotional response? Hopeless / dismissive.

Exercise 9.19: Identify trigger, bodily arousal, meaning made.

- When this reaction is triggered: When there is no one to go to; mom gets angry; Tim is busy; loss of job.
- Bodily responses when she experiences these triggers: tears, numbness, distracting chuckles.
- Meanings she makes of these triggers and bodily responses: Mom doesn't care; she will hurt me; Tim doesn't care; he is moving on.

Exercise 9.20: Using reflection, evocative questions, or conjectures for elements of emotion

- Validate and normalize triggers and her explicit responses:

Trigger – Mom gets angry: I understand - when your mom gets angry with you, you find yourself pulling away from her, and ignoring even her suggestions of a job you could apply for.

Trigger – Job loss: It makes sense that when you relive the loss of your job, you give up on yourself – and don't even have the energy to try again.

- Tentative conjecture:

It sounds like these are dangerous moments – “Oh oh!” – everything feels on edge, yes?

- Evoking her bodily response:

Where in your body do you feel that oh-oh, dangerous moment?

- Evoking the meaning she makes of the triggers:

What does Tim's busyness say to you? What meaning do you make when you and your mom get in a fight? What does having lost your job say to you about yourself? What does it say to you about others?

- Action tendencies: To crumble in depression, to give up on others and on herself, and to withdraw.

Exercise 9.21: Assemble emotion into a coherent whole. Your response does not need to be exactly like this – but will likely include some similar elements. “You recognize how each time your hear your phone ring (CUE), you are immediately flooded with that rush of panic (BODILY

AROUSAL) that it will be your mom calling. You notice your body freeze (BODILY AROUSAL) with those dreadful thoughts, “She just doesn’t care. She’s out to hurt me again! Why can’t it be Tim calling like he used to instead of her?” (MEANING CREATION) and you just want to collapse and pull a blanket over you and go to sleep (ACTION TENDENCY). When you get that panicky feeling that your mom is out to hurt you again (HINT of CORE FEAR linked to MEANING CREATION), you just want to disappear, go silent and talk to no-one. There is no one you feel safe to reach to in those moments” (CONJECTURE, SEEDING SECURE ATTACHMENT).”

Exercise 9.22: Distill poignancy. You panic that that she is out to hurt you - and freeze with painful thoughts that she doesn’t care. Or What a terrifying moment – that you are in danger and there is no safe other to go to and the safest thing to do is freeze and disappear.

Tango Move 3 - Shaping Encounters

Exercise 9.23: Move 3 Shaping an encounter with an imagined attachment figure.

Repeating Amy’s distilled message: I’d like you to picture this image of your mother and to imagine telling her this important message. Imagine telling her, “It’s true mom I freeze with painful thoughts that you don’t care – and panic that you are out to hurt me – to call me disgusting names. I’m terrified - in danger - and there is no safe other to go to. You are not safe - and the safest thing to do is freeze and disappear. Even though I long for you to care, I pull away from you to be safe.”

Directing Amy to disclose the message to an image of her mother: Can you tell her, please – tell her, “I do pull away even though I long for you – I am so afraid you don’t care – that you will hurt me”?”

Exercise 9.24: Shaping other encounters.

- a) With Tim: Can you imagine telling Tim, “I am missing you so much – feeling alone and lost without you. I act like I’ve already given up on us – I’ve stopped reaching out to you – so afraid you’re tired of me but secretly I hope you’ll reach to me – I’m just too afraid to risk anymore pain so I numb out and pull away”?”
- b) Between two parts of self: Can your concerned self who brings you to therapy and risks opening up, tell the hidden self, frozen in fear, “I get how scared you are. I know that you feel just like the ten-year-old standing at the window when dad drove away, and mom was too depressed to notice you – frozen, unable to move. I get the panic. Of course you froze then - there was nothing else you could do then. There was no one to hear your cries, but I am here now – I hear how alone and afraid you must feel.
- c) With the therapist (with a look of tenderness and care): Can you tell me again about being afraid that I will get tired of listening to your darkness?

Tango Move 4 – Processing the Encounter.

Exercise 9.25: Process the experience of the one disclosing. Amy might respond: “It was so difficult but quite a relief all at the same time! I could barely get the words out at first – and then it was so amazing that *she* was actually listening to me without interrupting. It is such a relief to tell her how much I have feared her hurtful words – how they have made me feel so bad! Having her listen to me made me feel stronger - no matter what she says back!”

Exercise 9.26: Process the experience of the one receiving the message. Speaking from her image of her mother, Amy says, “I’m shocked! I never knew she was afraid of me! She has no reason to be! Of course I care about her. She can fight as good as I can and she fights back – I had no idea she was ever afraid – I just thought she hates me. I actually feel bad to see her so small and weepy. I want her to know I do care! I just don’t know how to show it when she’s angry or refuses to let me near!”

Exercise 9.27: Processing encounters with imagined others

- a) Reflect her key disclosure to an image of her father: You just turned and shared so bravely with this image of your dad that there is a knot in your stomach that still hurts, remembering the day he drove away – that there is still an ache in the core of your being that feels you lost him forever that day.
- b) Evoke the impact on her of disclosing: What is happening inside of you as you share this with this image of him?
- c) Evoke how she experiences her dad’s response: How do you experience your dad responding to hearing you tell him about the knot in your stomach – from when you were 10 years old - that still aches, feeling you lost him the day he drove away?

Exercise 9.28: Processing an encounter between client and therapist: You might say: When you turn and tell me that you fear I will get tired of your darkness, my heart aches. I see such beauty in who you are as a person, and I am honored to hold the darkness with you. And I am touched that you trust me enough to share it with me. Can you tell me what it is like that I have shared this with you?

Tango Move 5 – Summarizing, celebrating, and integrating.

Exercise 9.29: Integrating the impact of the encounter. To celebrate Amy’s encounter with an image of Tim: Look what you just did! You told an image of Tim that you secretly do long for more connection with him – that in your fear that he may be pulling away from you, you act like you’re not interested in him. You sensed that he actually heard you – and you felt stronger simply hearing yourself say those words out loud!

Exercise 9.30: Identifying markers of stabilization.

David:

- an awareness of his pattern - come to recognize his automatic survival pattern
- aware of the underlying pain of isolation and abandonment driving these patterns
- the terror of isolation driving his swings between frenzy and numbness is becoming acceptable and familiar
- coherence made of these patterns and terror.
- *continuing to do as he has been done to* - dismissing own needs and longings as though it doesn’t matter that I am lonely.
- beginning to see how – this is the problem: “No one heard me and I don’t listen to me either.”

Exercise 9.31: Reframing the problem as a habitual pattern.

Saul: Together we have honored that pushing aside and ignoring your own longings and needs as a child was a very creative way to cope, in a home where no one was available to notice you

or respond to you. To-day, however, you are noticing that continuing to ignore your inner experience is trapping you in depression. You are beginning to see that the real problem is that of ignoring your emotional aliveness - anger screaming to be seen, deep sadness longing for connection, and terror asking, "Will Saul ever let us out?"

Exercise 9.32: Reviewing the basic pattern and underlying emotion driving the pattern:

- **David:** The more he spins between hyperactivating states of frenzy to get people to respond to him, the more others turn away, and the more he numbs out and dismisses his longings and needs, the more isolated he becomes
- **Underlying core emotion driving the pattern:** His fear of isolation and abandonment drives his pattern of swinging between frenzy and numbness.
- **Saul:** The more he ignores his longings and needs, the more depressed, numb, and unaware of his own needs, he becomes; depression masks his underlying pain;
- **Underlying core emotion driving the pattern:** Pain: alive with anger about being unseen, sadness at disconnection, and fears of emptiness, drives his pattern of numbing and isolating.

Exercise 9.33 Affect assembly towards deepening - Tango Move 2, Stage 2.

b) Bodily arousal: heavy heart; suffocating; eyes filling with tears

c) Meaning making: Bitter messages: "You're alone – no one shares your fears and worries – no one really cares – they're only mean and hurtful – out for themselves."

e) Core, underlying emotion: terror - fears of invisibility / abandonment / disconnection. Amy has come to recognize her terrified, heavy heart signals her need for connection.

Exercise 9.34: Shifting Views of Self and Other

Client's view of self: unlovable, unseen, unimportant.

Emerging shifts: Amy is beginning to see herself as sad, alone, and worthy of receiving soothing connection.

Client's view of other: unreliable, unresponsive.

Emerging shifts: Amy's view of other is shifting to see that some others (the therapist, Tim and some friends) are responsive.

Framing into a coherent whole: So when this heavy balloon of depression sneaks up on you and you can barely breathe, you recognize there is a beautiful aching heart underneath the pressure and the noise - that longs to be noticed and cared for – that says, "I need and may-be I deserve - some comfort!" All those tears say, "I want to reach out – there just might be someone who can respond to me."

Exercise 9.35. Identifying EFT heightening interventions in Tango Move 2.

a) **Heightening** (with repetitions of imagery):

- those old bitter messages expand to fill the room and press the life out of you.
- old familiar bitterness presses down on you;

b) **Evocative responding** and directing to stay with the bodily felt sensations of her emotional experience:

- Your eyes are filling with tears as I say this – do you feel that heavy heart just now?
- Can we stay with the heaviness in your heart?
- Notice how heavy it is (pause) – how tight – (pause).
- Beneath all the pressure of the noisy balloon - you can feel the weight in your heart.

- c) **Evocative question** to access the message of need: “And what does this heavy heart say?”
- d) **Empathic Conjecture which actually** “seeds attachment”: It must be very difficult indeed to listen with kindness and patience to the heavy weight in your heart.”
- e) **Empathic Conjecture to reframe her tears as a core longing:** Listening to the terror in your heavy heart brings you to tears ... That is the message of your heavy heart – isn’t it? – “I need someone to see me – to notice me and to care – then I can know I am ok.”

Exercise 9.36: Identifying interventions

- # 1 **Reflection:** So afraid of being hurt again, yes? Just not seeming possible to trust him?
- # 2 **Validation:** Makes sense you are afraid – given what happened with Brody.
- # 3 **Heightening:** And you hate it! Just before you got quiet and looked away, you said, “He had no right to do this to me!” He had no right to hurt me and leave me fearful of trusting anyone ever again!
- # 4 **Evocative question:** How was it to look directly at me and tell me in this forceful, assertive voice – “He had no right to do this to me!”?
- # 5 **Heightening:** ... and then hear your own deep voice stating he had no right to do this to you – to hurt you and frighten you even to this day!
- # 6 **Heightening:** it was very, very wrong, and you are tired of carrying the wounds of his abuse.
- # 7 **Validation:** – he hurt you so badly! You’ve become so skilled at numbing out when the pain began, and just now you are letting yourself feel the pain – feeling the pain and the injustice of what he did and as scary as it is you are almost ready to tell him...
- # 8 **Evocative question:** What happens inside when you picture this image of him and you consider telling him how wrong he was?
- # 9 **Heightening:** Ahhh Really tense – stomach in a knot and Can you feel the strength in your toes?
- # 10 **Conjecture in proxy voice:** My voice keeps getting choked off from me. I’m trying to find a way to speak to this image of Brody – to say it was so wrong!
- # 11 **Reflection:** Almost like you are starting to feel the warmth of Tim’s safety just now
- # 12 **Conjecture in proxy voice:** ... just maybe he is someone I can trust?

Exercise 9.37: Reflecting present process, including action tendency: You describe a most painful turning point memory of yourself as an ten-year-old girl seeing dad pack the truck and drive out of your life – pain flashes across your face for a moment – and you quickly brush it off and feel badly – guilty – responsible almost for you dad’s pain that you’ve never let him back into your life in spite of his attempts.

Exercise 9.38: Evoking the meaning. Answer: A

“A” invites Amy to put words to the meaning she made then and continues to feel to-day. “B” turns the focus onto her dad. “C”, an empathic reflection doesn’t evoke the meaning this moment carries for her.

Exercise 9.39: Encounter with the therapist. Answer: D

Exercise 9:40 Summarizing and validating. You could include some of the following: You just stepped out of your typical pattern of dismissing your own experience! It is almost foreign for

you to acknowledge how crushed you were the day dad drove away. As you've trusted this space here with me to-day enough to taste that pain – you are experiencing how very real that pain is – how real it still is to-day. You are discovering that, to cope with the ache of dad's departure, you concluded you weren't worth his staying! It's almost a celebration to recognize, "I do still hurt! I hurt for him leaving me, I hurt with feeling it somehow meant that I wasn't worth his staying, and I am beginning to feel angry at my mom for leaving me to grieve that loss alone!"

Exercise for choosing which encounter to shape next: Reader's choice – no correct answer.

Exercise 9.41: Tango Move 2: Assembling emotional experience towards an attachment figure. You feel so hurt and angry with your mom. It was like falling into a crater of nothingness – that when your world was crashing, you seemed invisible to her – felt like you didn't matter. You still feel how stone cold you went that day as you saw your mother crying frantically and seeming to look right past your pain.

Exercise 9.42: Directing the encounter in Move 3. Answer: A

"A" clearly prompts the ten-year-old Amy to express her alive message to her imagined mother. "B" focuses on mother's reality and "C" validates Amy's experience, but both "B" and "C" distract from shaping an encounter between Amy and her imagined mother.

Exercise 9.43: Processing an encounter in EFT Tango Move 4. Answer: B.

"B" invites Amy to describe how she imagines her mother to be responding to her disclosure. "A" validates and heightens her courage, but it does not evoke her imagination of how mom will respond. "C" is a conjecture from the therapist's perspective, but it may not be Amy's experience.

Exercise 9.44: Shaping an additional encounter in EFT Tango Move 3. You ache deep inside that mom failed to see your heartache! Can you tell her about the well of sadness in your heart that no one saw?

Exercise 9.45: Evoking the need embedded in core emotion. Answer: B

"B" invites Amy to listen to the need embedded in her core emotion of fear and pain. "A" and "C" are both insight-related questions to ask her mother.

Exercise 9.46: Your conjecture about Amy's need embedded in her fear: Possible answer: "I need to know my pain matters to you – to know that I matter to you!"

Exercise 9.47: Integrating and Validating in EFT Tango Move 5. Answer: A.

"A" focuses on insight into her mother and does not integrate or validate Amy's experience.

Exercise 9.48: EFT Tango Move 3 - Shaping an encounter between parts of self. Answer: B.

"B" shapes an encounter with her 10-year-old self by explicitly helping her to picture an image of her. "A" validates and heightens her abandonment panic when her dad drove away. It could be a good intervention to use in shaping an encounter with an image of dad.

“C” validates her devastation at dad leaving and heightens her need for understanding and response from mom. It could be a good intervention to use in shaping an encounter with an image of mom. “D” directs the encounter without first engaging Amy emotionally.

Exercise 9.49: Processing with the receiving other in Tango Move 4. *In response the 10-year old Amy may say some of the following: I just want to weep and soak it in – so amazing to feel that that experience was not normal - just never felt that sort of compassion and validation for me – it warms me – I don’t feel frozen stiff like I did then - I feel like I’m not alone there any more – my adult self is holding me and keeping me warm and making it ok to crumble and to be angry at him for leaving like he did! I feel like I am actually a bit curious to hear from him and have a chance to talk with him... and to get to know who he is.*

Exercise 9.50: Move 5 of the EFT Tango - summarize and integrate. Answer: C.

“C” summarizes, integrates and celebrates the corrective emotional experience Amy has just created, validating it is opening more options for Amy. “A” teaching her to continue self-compassion outside of session and “B” offering praise and insight, are responses rarely included in the EFT model.

Exercise 9.51 EFT Tango Move 1: Mirror Present Process

It sounds like you are very troubled by your reaction to your daughter’s error. It is frustrating to discover you will be late for an appointment because you need to stop for gas! But if I hear you correctly, you’re saying you are surprised and ashamed that seemingly little mistakes from others hurt enormously and that bitterness and hostility leak out when you least expect it.

I hear as well that the degree of anguish and anger this triggered for you, feels like the decade-old pain you’ve worked so hard to ignore.

A simple mirroring with the “the more...the more...” formula could be: This was a frustrating moment to find your car with very little gas (validating something he minimizes) – and what I hear is the more you try to ignore your own emotions and pain – the more you are caught in a bewildering prison of your own angry outbursts followed by surprise and remorse.

Exercise 9.52 EFT Tango Move 2 - Affect Assembly and Deepening

You see yourself lying on the ground, utterly helpless and alone, beaten and bloody (cue)– this almost overwhelms you just now? Feeling it will all will be too much – overwhelming? The hatred and bitterness – says – “This was unjust - I was all alone – no one there to protect me when I could die.” (meaning) And the way you’ve coped with that panic and terror has been to push the memory of that injustice aside (action tendency), so as not to be filled with bitterness and hatred? And yet as you tell me about this your jaw tightens (body arousal) – the bitterness and hatred, yes? Like a part of you says – “This was not right! They had no right to do that to me!” (more meaning making)

Exercise 9.53 EFT Tango Move 2: Additional Assembly and Deepening

Here you are – wounded Samir – actually letting me close to hear your anger and hatred at your attackers. Together we see how they put you in such peril, such terror and anguish, yes? It must be such a risk to be letting me close to feel your terror and pain and bitterness towards them, yes? You shut down all these memories for years and as you re-visit that scene of your

attack, you are allowing both yourself and me to look at the wound. That wounded Samir has every reason to be angry, bitter, and rageful yes?

Exercise 9.54: EFT Tango Move 3 - Shape an encounter with the therapist

Anticipate contact: Can you imagine telling me how much courage this is taking to be letting me see the pain and terror you still feel remembering the attack? How difficult it is to feel the hatred that fills your chest like a heavy solid ball as you see how inhumane it was?

Exercise 9.55: EFT Tango Move 5 - Summarize, validate and integrate.

All items are true except for # 4 and # 7 and # 12, as explained below:

4. "Focuses on the risks taken in session to communicate concern about his well-being as he leaves the session." **False.** To the contrary, the risk he has taken in session has created a corrective emotional experience.

7. "Reiterates that he needs to keep blocking his tendency to ignore his emotions." **False.** The focus is not on reminding him to block his tendency to suppress, rather as described in #'s 8 to 11, to heighten and summarize that he has already experienced a new action tendency that is creating lasting change.

12. "Reminds him to continue to challenge his faulty assumptions such as believing his daughter does not respect him." **False.** The change event is not challenging faulty assumptions, rather, reprocessing emotion reveals new meanings.

Exercise 9.56: Interventions to evoke Stage 3 reflections.

You may have suggested some evocative questions and prompts such as the following:

- *Tell me more about the ways you are reaching out...*
- *When fears and anxieties arise, what do they say to you?*
- *What are the new ways you are responding when you feel unsure?*
- *Can you describe some of the new patterns of reaching and responding that you are building?*
- *What are your signals now that you are needing something from another – and how do you reach for that?*
- *A golden child worthy of love – Wow! That is an exciting image How do you see this golden child is going to shape her future? Who is she going to include in building this life?*
- *What are some of the ways you want to celebrate this move from out of the garbage dump to golden sunlight of connectedness?*

Exercise 9.57: Heightening and consolidating change in Stage 3

1. A. Changes in client's patterns of emotion regulation
2. D. Change in view of self
3. E. Change in view of other
4. C. Changes in how client engages in relationship
5. A. Changes in client's patterns of emotion regulation & B. changes in client's meaning frames
6. C. Changes in how client engages in relationship & E. Change in view of other
7. F. Potential view of therapist as an attachment figure

See below for the initial LONGER answer key I provided. Choose one, please; don't use both.

Exercise 9.57: Heightening and consolidating change in Stage 3

A. Changes in client's patterns of emotion regulation: I am so touched by the journey you have taken! You've come from a place where you barely had words for your experience other than the heavy black cloud that weighed down on you and you had no ways of getting out from under it. You tried more and more to deal with the darkness on your own, by isolating more and more. And then you began to listen to weight in your heart and to the hidden longings to feel safe and loved. You've followed your newly discovered longings to reach out more to others. And you've discovered you are valued and wanted. You've reached out consistently to Tim and to friends.

D. Change in view of self: After coming to a resolution of that painful relationship with Brody you came in touch with a new sense of your own worth.

E. Change in view of other: You also discovered people in your life with whom you could begin risking and trusting.

C. Changes in how client engages in relationship: You've started speaking much more assertively and clearly to your friends and family.

You shaped a new relationship with your mom and step dad – grieving some losses of how they are not all you want them to be – but you found some ways to make that relationship a two-way supportive one where you feel safe and respected.

A. Changes in client's patterns of emotion regulation & B. changes in client's meaning frames: Sadly, you discovered your father was not open to reconnecting with you. That was very heartbreaking, yet you've grieved that loss, found ways to validate your experience and know you are making the best choices of where to seek reliable and available support in your life today.

C. Changes in how client engages in relationship & E. Change in view of other: It is amazing and strengthening how all your risks have paid off.... And how you are finding others value and appreciate hearing from you. You've made some very encouraging discoveries that when you ask others for support they do respond. And they need you too!

F. Potential view of therapist as an attachment figure: I feel so proud of the crowd of people you have gathered to stand in the background as your cheerleaders now. Even as we are terminating our therapy – I want you to know that I admire your work and believe in your capacity to keep expanding on all these changes you're making. I am cheering for you too!