

## EFFT - Emotion Coaching Framework Cheat Sheet

### Step 1 - Validate

A. Convey understanding of their experience (from their point of view):

I could understand you...

I could imagine you...

No wonder you...

It would make sense that you...

When I put myself in your shoes I could imagine you...

...might feel/think/want to/not want to \_\_\_\_\_

B. Demonstrate that you “get it” with sincerity and in a way that reflects their positive intentions, vulnerable feelings, or attempts for relief from pain:

because 1: \_\_\_\_\_ because 2: \_\_\_\_\_ because 3: \_\_\_\_\_

### Example:

I could understand you might feel/think/want to/not want to \_\_\_\_\_ because #1

No wonder you might feel/think/want to/not want to \_\_\_\_\_ because #2

It would make sense that you might feel/think/want to/not want to \_\_\_\_\_ because #3

### Step 2 - Support

A: Emotional support ideas

- Comfort (a hand, a hug or loving words)
- Reassurance (“It’s going to be ok”)
- Communication of understanding (“I understand you”; “I hear you”)
- Communication of positive regard (“I know you are doing the best you can right now”)
- Communication of belief in the other (“I believe in you; “I believe you can do this”)
- Communication of togetherness (“We’re in this together”; “I want the best for you too”)
- Space\* (Why don’t I give you a few minutes and we’ll try again)

\*space can be physical or psychological *and* time-limited in that the plan for reconnection must be clearly communicated

B: Practical support ideas

- Proceed with plan
- Suggest a distraction activity (walk, movie, music, etc)
- Redirect to another thought or activity
- Teach skills
- Exposure to the anxiety-provoking stimulus (in a gradual way)
- Offer solutions to solve the practical problem or take over to solve the problem
- Set a limit
- N/A (sometimes, once the other is validated and supported emotionally, no more is required)

## EFFT Emotion Coaching: Practicing with Scripts

### 1. I don't want to \_\_\_\_\_

I can understand why you wouldn't want to \_\_\_\_\_ because:

- 1.
- 2.
- 3.

Emotional support sentence:

Practical support suggestion:

### 2. I feel so \_\_\_\_\_

No wonder you feel so \_\_\_\_\_ because:

- 1.
- 2.
- 3.

Emotional support sentence:

Practical support suggestion:

### 3. Why are you trying to talk to me like that? (said after you've just gone through the steps of EC)

I can imagine you would be weirded out by what I'm saying because:

- 1.
- 2.
- 3.

Emotional support sentence:

Practical support suggestion:

### 4. You don't get it! (said after you've just gone through the steps of EC)

I can understand / imagine why you'd feel like I don't get it because:

- 1.
- 2.
- 3.

Emotional support sentence:

Practical support suggestion: