THE 5 Basic Moves of

START OVER

Reflect Present Process (within/ between)

ZOOM OUT

EFT

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

ZOOM OUT

SUMMARIZE
Integrate/
Validate/
Reflect Process
(View of Self,
View of Other,
Relationship)
"Tie a bow"

Dancing the EFT Tango

Sue Johnson, 2012 Adapted Rebecca Jorgensen, 2014

PROCESS

Process the Enactment/
How it feels to tell/hear.



ENACT

Set up/
coherent
enactment
(pass more
primary
emotion to the
partner)

CROSS OVER

ZOOM IN

ACCESS

Explore more primary, deeper or new emotions.



(Committee)