

Emotionally Focused Therapy Worksheet

- The EFT Cycle For Partners (Person 1) -

Name:

Date:

Behavior

Crying
Withdrawing from conversation
Hitting a wall
Breaking objects
Screaming
Slamming doors

Slamming doors
Picking a fight
Refusing to talk
Storming out of the room
Throwing objects

Perception or Ambitions

partner doesn't understand
Partner doesn't care
Partner is distant
Partner is angry
Partner is unsupportive

Partner is dismissive.
Partner is unfair
Partner is uncaring
Partner is distant
Partner is disengaged

Secondary Emotion

Frustration
Anger
Resentment
Bitterness Irritation
Hostility

Envy
Jealousy
Disgust
Shame

Primary Emotion

Hurt
Fear
Insecurity Sadness
Anxiety
Loneliness

Shame
Abandonment
Rejection
Loss

Unmet Attachment Needs

Love
Support
Safety
Acceptance
Security

Trust
Understanding
Closeness
Appreciation
Validation