

## EFFT - Emotion Coaching Script-Builder

### Step 1 - Validate

A. Make an effort to 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...
- I could never understand but when I try to put myself in your shoes, I can imagine you...

When I put myself in your shoes I could imagine you might feel/think/want to/not want to \_\_\_\_\_

B. Demonstrate your effort using because-statements grounded in tentativeness and sincerity, reflecting the underlying vulnerability of the other, their goodness, their positive intentions and/or attempts for relief from stress/distress: because 1: \_\_\_\_\_ because 2: \_\_\_\_\_ because 3: \_\_\_\_\_

### Example:

I could understand you might feel \_\_\_\_\_ because #1, because #2 and because #3, OR

No wonder you want to \_\_\_\_\_ because #1, because #2 and because #3, OR

It would make sense that you might not want to \_\_\_\_\_ because #1, because #2 and 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 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 soothing/regulating activity (walk, movie, music, etc.)
- Share skills
- Exposure to the anxiety-provoking stimulus (in a gradual way)
- Work together to generate ideas 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 want to \_\_\_\_\_

It makes sense to me that you would want to \_\_\_\_\_ because:

- 1.
- 2.
- 3.

Emotional support sentence:

Practical support suggestion:

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

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

- 1.
- 2.
- 3.

Emotional support sentence:

Practical support suggestion:

### 3. I feel so \_\_\_\_\_

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

- 1.
- 2.
- 3.

Emotional support sentence:

Practical support suggestion:

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

I can understand why you'd react in this way to what I'm saying because:

- 1.
- 2.
- 3.

Emotional support sentence:

Practical support suggestion:

