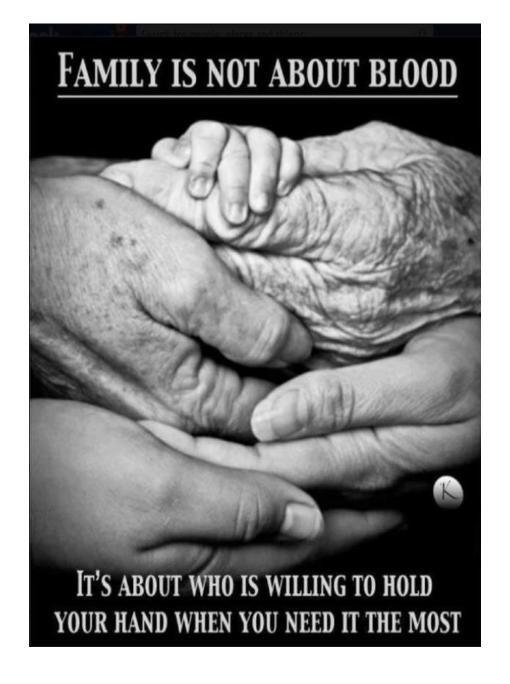
## The New Science of Love Emotionally Focused Therapy



## THE 5 Basic Moves of EFT

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

5.
Integrate/Valid
ate/Reflect
Process
(View of Self,
View of Other,
Relationship)
"Tie a bow"

1. Reflect Present Process (within/ between)

Dancing the EFT Tango

Sue Johnson, 2012

2. Explore more primary, deeper or new emotions.





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