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: