EFT Therapist Checklist:
Before next session…

1. What is the cycle that characterizes this relationship?
2. What are the hypothesized or acknowledged primary emotions embedded in this cycle?
3. What are the attachment issues/fears/needs?
4. Where are they in the process of change – in the nine steps? The next step/task is?
5. Are there pivotal incidents that crystallize issues, in relationship history, in session?
6. Are they key images, definitions of self and partners used?
7. What are the current blocks to engagement with emotions, engagement with other?

8. Is the alliance with the therapist in tact?

9. What happened in the last session (process)?

10. What are this couple’s strengths?