

Emotionally Focused Therapy Worksheet

- The EFT Cycle For Partners (Person 1) -

| | |
|--------------------------------|------|
| Name | Date |
| Behaviour | |
| Perception or Ambitions | |
| Secondary Emotion | |
| Primary Emotion | |
| Unmet Attachment Needs | |

Emotionally Focused Therapy Worksheet

- The EFT Cycle For Partners (Person 2) -

| | |
|--------------------------------|------|
| Name | Date |
| Behaviour | |
| Perception or Ambitions | |
| Secondary Emotion | |
| Primary Emotion | |
| Unmet Attachment Needs | |