

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	