The second figure can be:
- a therapist
- part of self
- an imaginary other in individual therapy
- a partner in couple therapy
- different family members in family therapy

Dancing THE EFT TANGO

1. Mirroring/Reflecting Present Processes
2. Affect Assembly & Deepening (using the Elements of Emotion)
3. Choreographing Engaged Encounters
4. Processing the Encounter
5. Integrating & Validating

Elements of Emotion:
- Trigger
- Perception
- Body
- Meaning
- Action

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- Body
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