

The Three Stages

This is a basic outline of the Emotional Connection Process or EmC.
EmC consists of three stages and nine steps.

STAGE 1 De-escalate

STEP 1

Create a safe environment and alliance



STEP 2

Clarify triggers, raw spots, and emotions



STEP 3

Identify automatic thoughts and protective behaviors



STEP 4

Raise awareness of the negative cycle as the enemy

STAGE 2 Restructure

STEP 5

Define safety needs to create a positive cycle



STEP 6

Help individuals to remain accessible, responsive, engaged - A. R. E.



STEP 7

Facilitate bonding moments to repair relationship injuries

STAGE 3 Integrate

STEP 8

Reinforce safety and emotional connection



STEP 9

Integrate bonding conversations into daily interactions

