

dialogue with their therapists decide that they cannot trust the feelings at which they have arrived as a source of good information, then the feelings need to be transformed. Now a means to leave the place they have arrived at must be found.

It is through the shift into primary emotion and its use as a resource that change occurs. Thus in some cases change occurs simply because the client accesses adaptive underlying anger and reorganizes to assert boundaries, or accesses adaptive sadness, grieves a loss and organizes to withdraw, and to recover, or reaches out for comfort and support. In these situations, contacting the need and action tendency embedded in the emotion provides the motivation and direction for change and provides an alternative way of responding. Action replaces resignation and motivated desire replaces hopelessness.

In many instances, however, once a core primary emotion is arrived at it is understood to be a complex *maladaptive emotion schematic experience* rather than simply unexpressed primary *adaptive* emotions such as sadness or anger. Core schemes that are maladaptive result in feelings such as a core sense of powerlessness, or feeling invisible, or a deep sense of woundedness, of shame, of insecurity, of worthlessness, or of feeling unloved or unlovable. It is these that often are accessed as being at the core of the secondary bad feelings such as despair, panic, hopelessness, or global distress. We have found that core experiences often relate either to worthlessness or to anxious dependence (Greenberg & Paivio, 1997; Greenberg, 2002). At the core of the self-critical process is a feeling of worthlessness, of failure and of being bad, or at the core of dependence is a feeling of fragile insecurity, being unable to hold together without support. These are generated by the core emotion-based bad/weak self-schemes. In these instances the primary maladaptive feelings of worthlessness, weakness, or insecurity have to be accessed in order to allow for change. It is only through experience of emotion that emotional distress can be cured. One cannot leave these feelings of worthlessness or insecurity until one has arrived at them. What is curative is first the ability to symbolize these feelings of worthlessness or weakness and then to access alternate adaptive emotion-based self-schemes. The generation of alternate adaptive emotion-based self-schemes is based on accessing experienced emotional needs that get activated in response to the currently experienced emotional distress. It is the person's response to their own symbolized distress that is adaptive and must be accessed and used as a life-giving resource.

The core of EFT practice thus lies in accessing primary adaptive emotions. The goal is to acknowledge and experience previously avoided or nonsymbolized primary adaptive emotion and needs. It is not only the experience of primary emotion per se but the accessing of the needs/goals/concerns and the action tendencies. Once a core primary emotion is aroused, if it is tolerated, it follows its own course, involving a natural rising and a falling off of intensity. Decrease in intensity allows for reflection.

pective not as definitive determination is not driven by a theory or identification; a sense of the using the client as a constant before are custom-made for each

e therapist is empathically attuning moment by moment for the therapist's become apprised of the world and eventually through this continuing focus on different types of affective—se. These markers inform the at different times. Introducing through of blocks to healthy does this.

task, the therapist is guided, rap of how such tasks tend to al problem-solving processes. about the steps, the therapist mentary experience and, in re-acilitate experiential exploration. Therefore, we enter at markers of dysfunctional adaptive responding. Over the interferences forms a coherent

ing determine whether a core emotion or a *maladaptive* dysfunctional emotion scheme is to decide whether a primary can be used as a guide. their well-being, they can stay information it provides. If, will not enhance them or their be guided by. When people in