The 3 Stages

This is a basic outline of the Emotional Connection Process or EmC.

EmC consists of three stages and nine steps.



Create a safe environment and alliance

Clarify triggers, raw spots, and emotions Identify automatic thoughts and protective behaviors Raise awareness of the negative cycle as the enemy



STAGE 2 RESTRUCTURE

STEF

5

STER

STEF

Define safety needs to create a positive cycle

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

Facilitate bonding moments to repair relationship injuries



STAGE 3 INTEGRATE

STE

Q

9

Reinforce safety and emotional connection

Integrate bonding conversations into daily interactions