

Revisiting a Raw Spot



In EFT, a raw spot is defined as a moment of hypersensitivity attached to dismissiveness, disregard, disconnection, or disengagement from attachment needs in a past or current relationship. An individual feels "emotionally deprived or deserted" (Sue Johnson, EdD). A partner can rub on these raw spots during moments of emotional distress.

1 Pick a Raw Spot

Determine a moment.

A time when your partner sent you a negative cue that threatened the safety or security of your relationship?

Remember

There are both positive and negative attachment cues. When a partner sends us a negative cue, it threatens our sense of safety or security in the relationship.

2 Diving into what happened

Our physical response may change depending on the negative cue our partner sends us. Unresolved moments of disconnect, disregard, dismissiveness, or disengagement may elicit the following:

Anger : "It tells me to fight back."

Fear : "It tells me to close off or run away."

Shame : "It tells me to hide what's happening."

Sadness : "It tells me to give up or give in."

Move to Step 2 to work through the raw spot.

One can move in and out of these various states, but let's take a look at this raw spot in your relationship.

Identify with your partner.

1. In this moment, the trigger for me was _____ (what they did or said).
2. On the surface, my reaction was _____.
3. But deep down, I really felt a sense of _____ (underlying emotions - shame, hurt, fear, sadness, etc.), because I felt _____ (neglected, disrespected, abandoned, dismissed, etc.) by you.
4. In that moment, I responded by _____ (the reaction).

Let's take a look at a prime example of this 'raw spot' conversation:

In this moment, the trigger for me was when you walked away when I was addressing our son's behavior. On the surface, my reaction was frustration. But deep down, I really felt a sense hurt, because I felt that you were disregarding something that is important to both of us. In that moment, I responded by calling you names as you walked away.