



# four phases of narrative eft

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## *emotion-focused narrative therapy's "four phase" framework*

- ✓ *bonding, narrative unfolding, & awareness*
    - ✿ *listening, empathizing, encouraging, orientating, external/internal*
  - ✓ *evocation, exploration, & articulation of themes*
    - ✿ *emotion tolerance, core primary emotions & interpersonal themes*
  - ✓ *transformation of emotion & new story outcomes*
    - ✿ *emotional reappraisal/expression, & narrative transformation*
  - ✓ *consolidation & narrative reconstruction*
    - ✿ *phases 1 to 3 focus on the external/internal/reflexive exploration of specific memories – 'micro-narratives'. phase 4 joins up this work into a 'macro-narrative', a life story & self-identity that can guide future actions, communication, & relationships with others.*
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