

Supplementary Materials:

TEI – Therapist Enactment Interventions

Use the following scale to rate the therapist's interventions during the different phases of the enactment event, for each partner (score for phases 1–2, phase 3, and phases 4–5): Use these scores: 0-not at all; 1- A little; 2-Moderately; 3-Quite a lot; 4- Very much

Therapist Interventions- TEI	Description of Therapist's Actions	Examples
Systemic meaning making (narrating) “Aiming for the head”	Therapist focuses on understanding and clarifying the meaning aspects of experience (historical sensitivities, primary/secondary emotions, thoughts, behaviors). Connects these to the couple's cycle and interaction. Relational/systemic meaning-making.	- And that makes you withdraw from her? - So inside you feel like you're not good enough, and on the outside, you pull away from her? - The fear that she'll reject you comes up and holds you back? - There's a part of you that really wants to come closer now, and another part that wants to pull away? - When you hear her saying that about you, what goes through your mind? - It's like your cycle is kicking in again, and you start criticizing/distancing? - Something new is happening between you now. Tell me what you understand about it. - Usually, your automatic reaction is to... (withdraw / go silent / attack / blame), but now you...?
Emotional engagement (experiencing) “Aiming for the heart”	Therapist deepens the emotional experience using empathy-based interventions (e.g., validation, empathic conjecture, heightening). Uses “I statement,” focuses on body sensations, repeats client's words, slows the pace, uses imagery, soft	- Can you tell me about the fear that's coming up right now? - Can we slow down a bit? Is it okay to stay here for a moment? - Let's take a moment to look

	tone, and simple language. Emotional engagement.	inside, to stay with this feeling. - And this weight I'm feeling now... in my chest... this heaviness... the pain of feeling like I'm nothing — tell me more about that. - And then you feel small, like a child? - What happens in your stomach when you see her tears right now?
Interaction guiding (choreographing) “Aiming for the eyes”	Towards revealing partner: Therapist prepares the vulnerable content for sharing. Functions as a choreographer – directing attention to the partner and guiding interaction. Therapist explains the goal of the enactment and highlights the opportunity to share previously hidden emotional parts directly. Interaction guiding. Towards responding partner: Therapist encourages the partner to listen with openness, presence, and empathy. Refocuses on the listener's emotional reaction and guides them in expressing it back to their partner. Promotes supportive, empathic, and emotionally attuned interaction. Interaction guiding.	- Can you try looking her in the eyes and telling her this part you've never shared with her before? - What would it be like to look at her now and share this fear? - Tell her about this loneliness... - Look at him and say... - It's really meaningful to share this so directly. It might help you connect from a new place. Can you try? - Can you say to her that you'd like to share something, but it feels too scary, you don't know how, and you're afraid to try? - Can you listen with an open heart to what she's about to share? - Is it okay if she tells you how painful this is for her? - Can you look at her? - Look at her now, notice what's coming up for you, and maybe you can tell her? - Can you say to her — “It hurts to hear your pain. I want to be here for you”?