Naming the Interaction Cycle - Review journal

Review an attempt at naming the interaction cycle and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Alex asks repeatedly about plans while Sam gets quieter, increasing Alex's urgency.

Use an ordinary or fictional example, with a clinician when appropriate. The recurring cycle can be described without making either person the enemy.

Practice task

Map an ordinary trigger, each person's protective response, and how the responses feed each other.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What happens between you that each person alone cannot explain? My optional adjustment or support request:

Scope and adaptation

Joint exercises require private safety assessment, voluntary participation, and appropriate EFT training. Do not invite joint vulnerability, enactments, or disclosure where coercion, violence, fear, or retaliation may be present. Use individual support and appropriate referrals instead. This collection concerns attachment-based Emotionally Focused Therapy, not tapping or Emotional Freedom Techniques.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: What is EFT?. Full source links and scope: library.morethantherapy.org/approaches/resources/EFT-A01-5