Slowing the Cycle - Concept brief

Understand the idea behind slowing the cycle and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex and Sam notice faster speech before a discussion about chores escalates.

The idea

A pause can create room to notice the cycle before escalating it.

An ordinary example

Alex and Sam notice faster speech before a discussion about chores escalates.

What this can look like

Identify an early sign of an ordinary loop and agree on a pause with a clear return plan.

Check the fit

What would make a pause feel like care rather than disappearance? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

An interaction cycle is a relational map, not a way to split responsibility equally for abuse or excuse harmful behavior.

Reflection

What would make a pause feel like care rather than disappearance?

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-A05-1