Individual Emotional Cycle - Practice worksheet

Map trigger, meaning, emotion, protection, and current support in a private fictional or ordinary example.

Adults; supported use as appropriate | 15 minutes

Fictional example: Alex interprets a delayed reply as rejection and withdraws before checking.

Use an ordinary or fictional example, with a clinician when appropriate. An individual can explore a recurring emotional sequence without involving another person.

Practice task

Map trigger, meaning, emotion, protection, and current support in a private fictional or ordinary example.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Where might curiosity or support enter this sequence?

4. An optional next step, support, adaptation, or reason to stop:

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-A16-2