Consolidating a New Cycle - Concept brief

Understand the idea behind consolidating a new cycle and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex notices uncertainty, asks once, and Sam gives a realistic response time.

The idea

New interaction patterns can be named and revisited.

An ordinary example

Alex notices uncertainty, asks once, and Sam gives a realistic response time.

What this can look like

Describe an old loop, a newer sequence, and the specific actions each person wants to keep practicing.

Check the fit

What helps the new sequence remain flexible rather than become another rule? 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 helps the new sequence remain flexible rather than become another rule?

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-A19-1