Cycle and External Stress - Clinician dialogue

Guide a collaborative conversation about cycle and external stress while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: A changing shift schedule leaves Alex and Sam with less predictable time together.

Invite and obtain permission

Offer: "Would it be useful to explore cycle and external stress using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: External pressures can intensify the relational loop. Ask what fits and what does not.

Guide the task

Add work, racism, disability access, money, or caregiving pressures to the cycle map without using them to excuse harm. Ask for permission before giving an example. Use this fictional illustration if useful: A changing shift schedule leaves Alex and Sam with less predictable time together.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: Which pressure needs practical support alongside relational work? Avoid assigning motives or interpreting silence as agreement.

Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

Reflection

What would tell me to adapt, stop, or seek supervision?

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-A11-3