Naming the Interaction Cycle - Concept brief

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

Adults; supported use as appropriate | 8 minutes

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

The idea

The recurring cycle can be described without making either person the enemy.

An ordinary example

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

What this can look like

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

Check the fit

What happens between you that each person alone cannot explain? 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 happens between you that each person alone cannot explain?

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-A01-1