Slowing the Cycle - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A pause can create room to notice the cycle before escalating it.

Practice task

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

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

2. My response to the practice task above:

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

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-A05-2