Slowing the Cycle - Clinician dialogue

Guide a collaborative conversation about slowing the cycle while checking fit and participant choice.

Mental health professionals | 15 minutes

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

Invite and obtain permission

Offer: "Would it be useful to explore slowing the cycle 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: A pause can create room to notice the cycle before escalating it. Ask what fits and what does not.

Guide the task

Identify an early sign of an ordinary loop and agree on a pause with a clear return plan. Ask for permission before giving an example. Use this fictional illustration if useful: Alex and Sam notice faster speech before a discussion about chores escalates.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What would make a pause feel like care rather than disappearance? 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-A05-3