Slowing the Cycle - Review journal

Review an attempt at slowing the cycle and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What would make a pause feel like care rather than disappearance? My optional adjustment or support request:

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-A05-5