Cycle and External Stress - Concept brief

Understand the idea behind cycle and external stress and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

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

The idea

External pressures can intensify the relational loop.

An ordinary example

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

What this can look like

Add work, racism, disability access, money, or caregiving pressures to the cycle map without using them to excuse harm.

Check the fit

Which pressure needs practical support alongside relational work? 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

Which pressure needs practical support alongside relational work?

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-A11-1