Cycle and External Stress - Review journal

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

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. External pressures can intensify the relational loop.

Practice task

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

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. Which pressure needs practical support alongside relational work? 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-A11-5