Individual Emotional Cycle - Concept brief

Understand the idea behind individual emotional cycle and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Alex interprets a delayed reply as rejection and withdraws before checking.

The idea

An individual can explore a recurring emotional sequence without involving another person.

An ordinary example

Alex interprets a delayed reply as rejection and withdraws before checking.

What this can look like

Map trigger, meaning, emotion, protection, and current support in a private fictional or ordinary example.

Check the fit

Where might curiosity or support enter this sequence? 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

Where might curiosity or support enter this sequence?

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-A16-1