Individual Emotional Cycle - Clinician dialogue

Guide a collaborative conversation about individual emotional cycle while checking fit and participant choice.

Mental health professionals | 15 minutes

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

Invite and obtain permission

Offer: "Would it be useful to explore individual emotional 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: An individual can explore a recurring emotional sequence without involving another person. Ask what fits and what does not.

Guide the task

Map trigger, meaning, emotion, protection, and current support in a private fictional or ordinary example. Ask for permission before giving an example. Use this fictional illustration if useful: Alex interprets a delayed reply as rejection and withdraws before checking.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: Where might curiosity or support enter this sequence? 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-A16-3