Consolidating a New Cycle - Practice worksheet

Describe an old loop, a newer sequence, and the specific actions each person wants to keep practicing.

Adults; supported use as appropriate | 15 minutes

Fictional example: Alex notices uncertainty, asks once, and Sam gives a realistic response time.

Use an ordinary or fictional example, with a clinician when appropriate. New interaction patterns can be named and revisited.

Practice task

Describe an old loop, a newer sequence, and the specific actions each person wants to keep practicing.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What helps the new sequence remain flexible rather than become another rule?

4. An optional next step, support, adaptation, or reason to stop:

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-A19-2