Consolidating a New Cycle - Review journal

Review an attempt at consolidating a new cycle and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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. What helps the new sequence remain flexible rather than become another rule? 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-A19-5