

EFT Cycle Map and Intervention Selector

For licensed therapists. Map the negative cycle first, choose one stage-matched move, and set a reviewable next step. Not a full Emotionally Focused Therapy protocol.

Couple / session date: _____ Clinician: _____

1. Stage this week

☐ Stage 1 de-escalation

☐ Stage 2 restructuring / bonding

☐ Transition into Stage 2

☐ Stage 3 consolidation

2. Cycle map

Trigger / cue

Partner A typical move

Partner B typical move

Secondary emotion A / B

Primary attachment fear A / B (current hypothesis)

How the loop reinforces

3. Intervention chosen today

☐ Cycle mapping / externalize the cycle

☐ Validate both protective positions

☐ Bonding enactment (with stop rules)

☐ Secondary-to-primary tracking

☐ Heighten primary emotion

☐ Consolidation / future-cycle plan

Other (name)

4. Stop-rule / safety check

☐ Violence / coercion / free-consent concern

☐ Soft share likely to be weaponized today

☐ Too dysregulated for enactment

☐ Needs higher-intensity specialty care

If any checked, alternative next step

5. One reviewable practice

Exact between-session action

Cue that will trigger practice

Barrier to plan for

What counts as useful data

6. Next-session review

First question next visit

Cycle cue to scan first

Worked example

Late-reply cue; protest leads to withdrawal, then louder protest; Stage 1 de-escalation; first move: name the cycle; review: could either partner name the loop before volume rose?