

EFT Cycle Worksheet

CLIENT INFORMATION

Name: _____ Therapist name: _____

Date: _____ dd / mm / yyyy

Instructions Complete each section of the worksheet thoughtfully, you and your partner can gain valuable insights into your relationship dynamics and work towards building a stronger, more fulfilling connection.

STAGE 1: DE-ESCALATION

What specific events, situations, or behaviors trigger emotional distress or tension in the relationship?

What emotions do you and your partner experience during conflict, and how do these emotions influence your behaviors?

What are the underlying fears or vulnerabilities that contribute to your emotional responses to these conflicts?

What strategies can you and your partner implement to interrupt the negative interaction cycle and promote healthier communication and interaction in future conflicts?

STAGE 2: RESTRUCTURING

What are your personal needs and desires within the relationship, and how do these influence your emotional responses and interactions with your partner? Are they being met?

What specific communication skills or techniques can you and your partner practice to improve communication and deepen emotional connection?

How can you cultivate empathy and understanding in your responses to your partner's needs and emotions, even when you may not agree with their perspective?

STAGE 3: CONSOLIDATION

Reflecting on your progress, how can you continue reinforcing positive interaction and communication patterns in your relationship?

What potential challenges do you anticipate facing in your relationship, and how can you and your partner prepare to navigate these challenges together?

How do you plan to prioritize and nurture your emotional connection with your partner on an ongoing basis, ensuring that your relationship remains strong and fulfilling?

ADDITIONAL NOTES AND REFLECTIONS

Specify below:

MENTAL HEALTH PROFESSIONAL NOTES

Specify below: