

# EFT Cycle Worksheet

## Client Information

Client Name:

Name of your Partner:

Therapist Name:

Date:

## 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 event or situation triggered emotional distress or tension in your relationship?

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

Reflecting on the conflict, what underlying fears or vulnerabilities contributed to your emotional reactions or responses?

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?

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?

## Reflection

Take a moment to reflect on what you have learned from completing this worksheet. Consider any insights or realizations about yourself, your partner, or your relationship dynamics.

Insights/Realizations:

## Follow Up

Schedule a follow-up session with your therapist to review your progress, discuss any challenges, and adjust your action plan as needed.

Next Session Date:

Additional Notes/Comments: