Trigger/Cue
"Alarm Bell"
(Fear/loss of Safe Emotional Connection)

Reactive Feelings
• Felt sense in your body
• Reactive Emotions

The “Story”
What you tell yourself about:
• Yourself
• Your Partner
• Your Relationship

(what your partner can’t see – because of the fear-driven cycle)

Vulnerable Primary Emotions
(e.g., fear, sadness, hurt, loneliness, joy, longing)
about Attachment Needs
(Secure Emotional Connection:
Contact, Care, Comfort,
Acceptance, Belonging,
Togetherness,
Love, Value,
Safety)

How you Cope:
Protective/Reactive/Defensive Behaviors

Partner 1

Insecurities/fears about your connection

Partner 2

How you Cope:
Protective/Reactive/Defensive Behaviors

Cycle vs. Heart Illustration for EFT © 2013 Paul Sigafus, LMFT
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(Modified from “The Negative Cycle” © Scott Woolley, PhD.
Dr. Sue Johnson, the pioneer in EFT, was the first to identify how negative cycles keep couples away from the “Heart of the Matter.” This illustration is just my attempt to visually organize her concepts.)