

# EFT NEGATIVE RELATIONAL CYCLE

Infinity diagram adapted from Scott R. Woolley Ph.D.© and labelling adapted from Lucy Pascal, M.S.W.

Partner 1: \_\_\_\_\_ Partner 2: \_\_\_\_\_

POSITION/BEHAVIOUR

ATTACHMENT STRATEGY

POSITION/BEHAVIOUR

ATTACHMENT STRATEGY

MEANING-MAKING

MODEL OF OTHER

MODEL OF SELF

MEANING-MAKING

MODEL OF SELF

MODEL OF OTHER

SECONDARY EMOTIONS

SECONDARY EMOTIONS

PRIMARY EMOTIONS

PRIMARY EMOTIONS

ATTACHMENT FEARS

ATTACHMENT FEARS

ATTACHMENT LONGINGS

ATTACHMENT LONGINGS

