

EFCT Cycle Tracking Prompts

Credit & thanks to Scott Woolley, 2023

Position/behaviour

(Attachment strategy)

What do you DO when things become tense with your partner?
How do you protect yourself or try to get your needs met?

Thoughts/meaning-making

(Model of self & Model of other)

How do you make sense of the disconnection? What do you tell yourself about the other? About yourself?

Reactive emotion

(E.g. rage, anxiety, helplessness, frustration)

What is your immediate, surface level emotion?

Vulnerable emotion

(E.g. fear, sadness, anger, shame, joy)

What are you feeling deep inside?
What are the more vulnerable, core emotions that are difficult to experience or express?

Attachment needs

(E.g. safe, secure, to matter, loved, enough)

What are you crying out for, needing or longing for in this most important relationship?



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