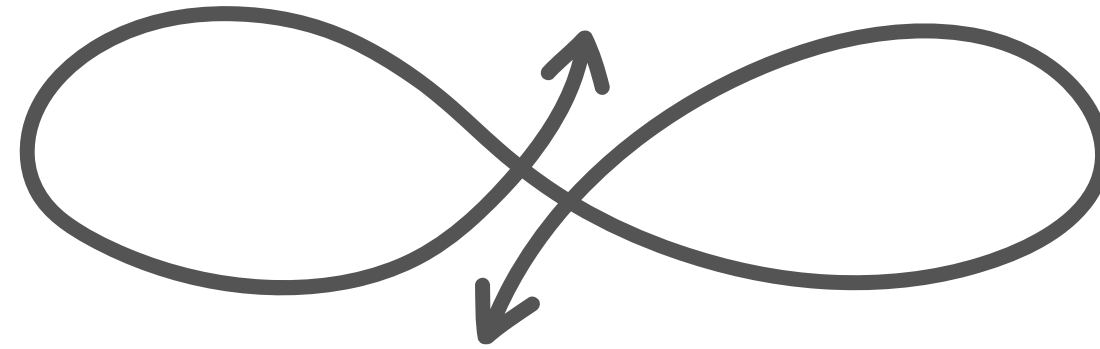


# EMOTIONALLY FOCUSED THERAPY

## THE INTERACTIONAL CYCLE



### STAGE 1: STABILISATION

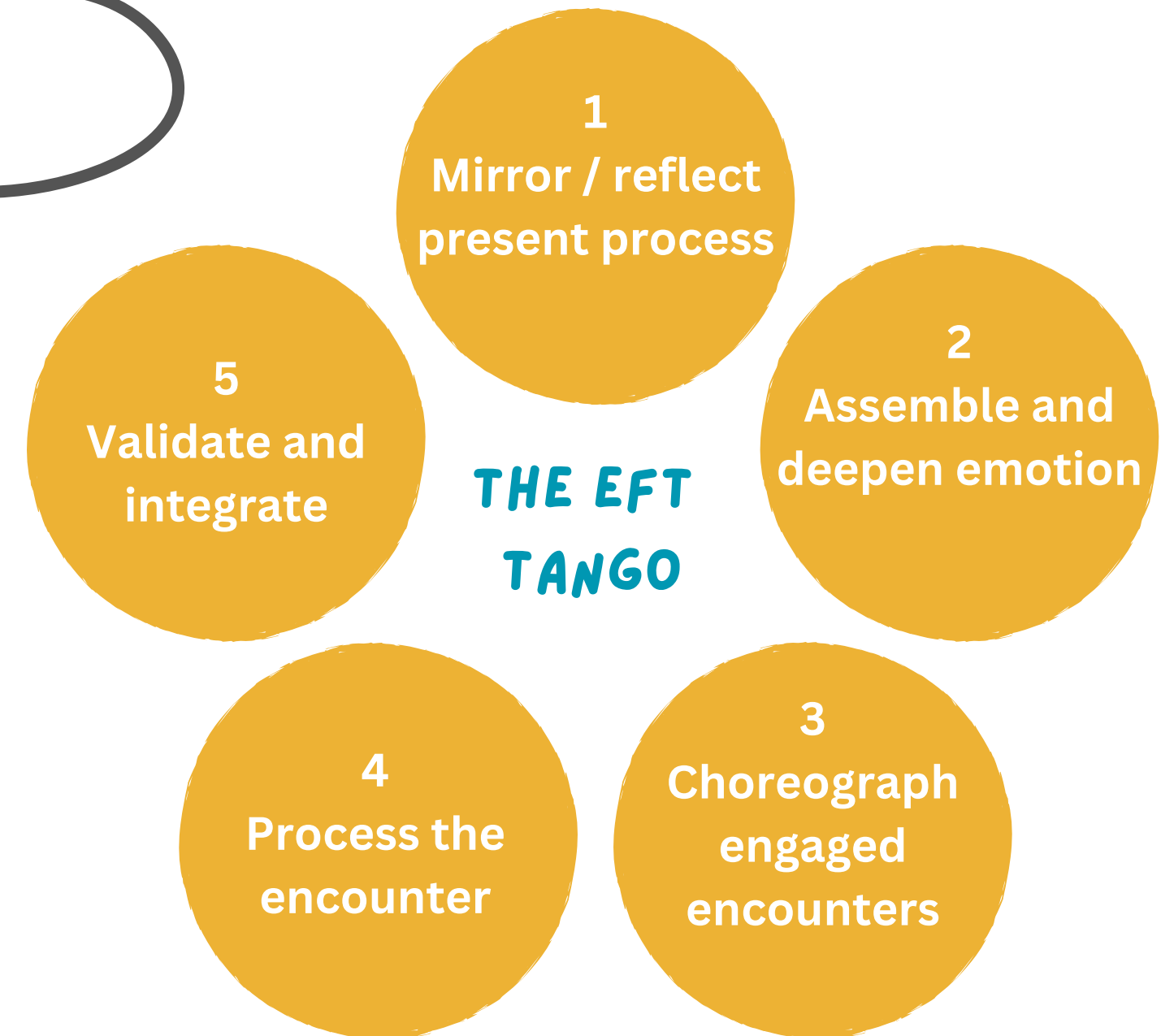
- Assessment / alliance-building
- Identify attachment themes and patterns
- Access primary emotions beneath
- Reframe the problem in attachments terms

### STAGE 2: RESTRUCTURING

- Process primary emotions, supporting greater vulnerability
- Promote acceptance by other
- Reach for attachment needs
- Corrective experience - restructure bond and revise MOS and MOO

### STAGE 3: CONSOLIDATION

- New solutions to old problems
- New positions and new patterns



a single step