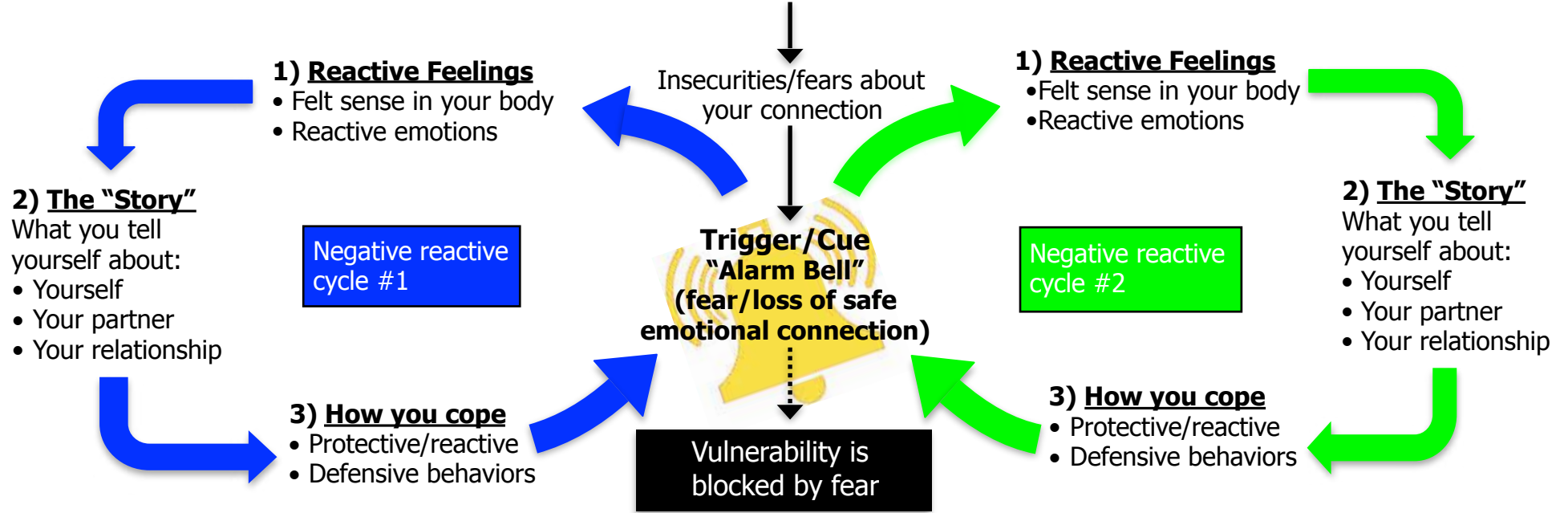


Desire for secure emotional connection



Negative reactive cycle #1

Trigger

1) Reactive feelings

2) The "Story"

3) How you cope

Vulnerable emotions/connection need

What your partner can't see because of the block to vulnerability caused by the negative/ reactive cycle driven by fear

Vulnerable Primary Emotions
e.g. fear, sadness, hurt, loneliness, joy, longing etc. about attachment needs.

secure emotional connection:
contact, care, comfort, acceptance, belonging, togetherness, love, value, safety

Negative reactive cycle #2

Trigger

1) Reactive feelings

2) The "Story"

3) How you cope

Vulnerable emotions/connection need

"Reactive blocks to emotional connection" by Greg Klassen Psy.D.
<https://therelationfoundation.com>
 (modified from Cycle vs. Heart Illustration for EFT © 2013 Paul Sigafus. LMFT
 (Modified from "The Negative Cycle" © Scott Woolley, PhD)