EFIT: CYCLES WITHIN & BETWEEN FILL-IN SHEET

BCEFT
The Brisbane Centre for EFT

BRISBANE CENTRE FOR ATTACHMENT & RELATIONSHIPS

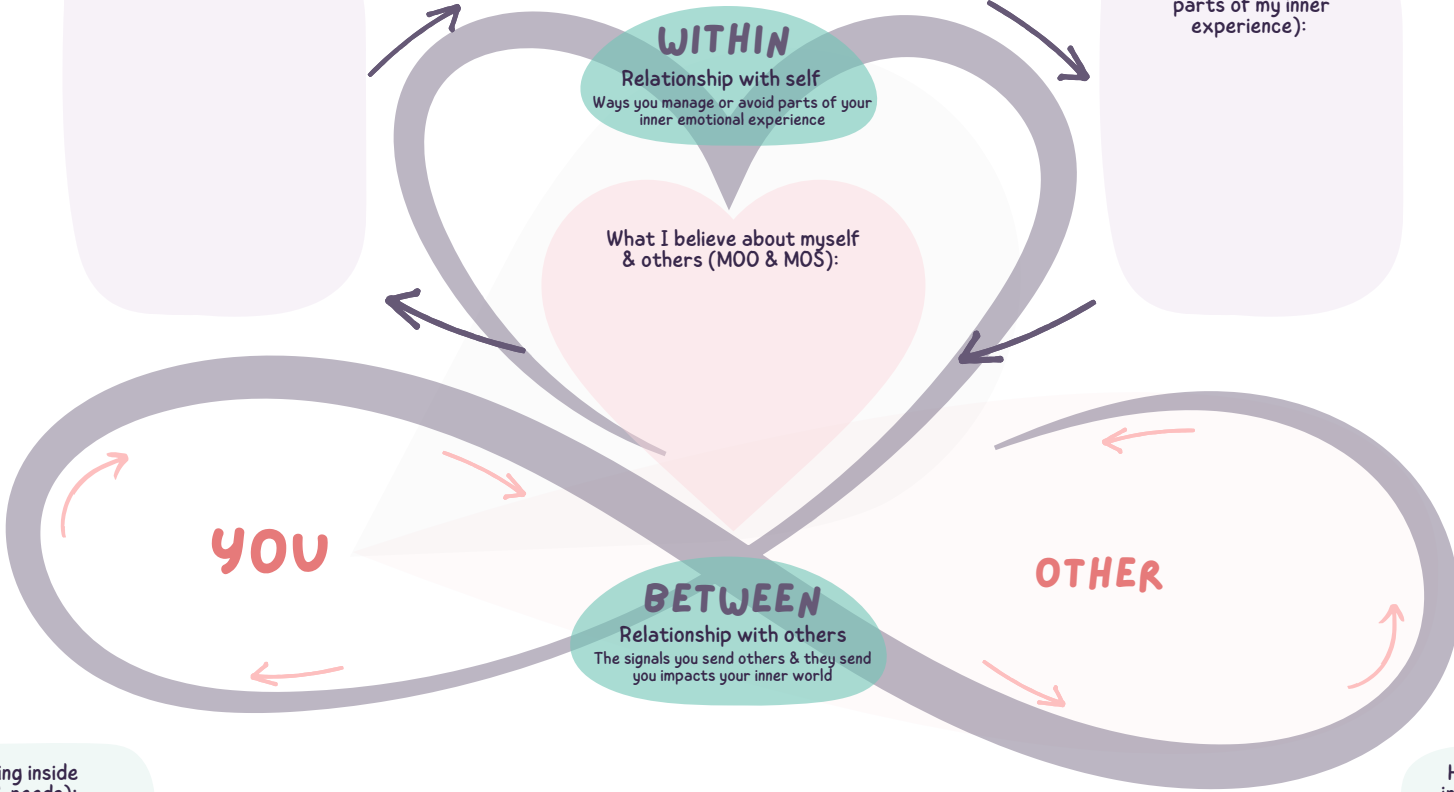What set off sirens and alarms for you (triggering event)?

What I TELL myself (thoughts/meaning making):

How I FEEL (emotions & sensations):

What I DO to cope (to manage or avoid painful parts of my inner experience):

WITHIN
Relationship with self
Ways you manage or avoid parts of your inner emotional experience

What I believe about myself & others (MOO & MOS):

What I show others (behaviours & surface emotions):

What others show you (behaviours & surface emotions):

YOU

OTHER

BETWEEN
Relationship with others
The signals you send others & they send you impacts your inner world

How I'm really feeling inside (vulnerable fears & needs):

How they might be really feeling inside (vulnerable fears & needs):

Dr Clare Rosoman
AUTHOR | PSYCHOLOGIST | TRAINER