

# EFIT Cycle Tracking Prompts

## 1. Emotions (in response to trigger)

How do you feel inside when X happens?  
What sensations do you notice in your body? Where do you feel them?  
What are the surface feelings? What do you feel deep down inside?

## 2. Thoughts (meaning-making)

What do you say to yourself when you feel this way?  
What goes through your mind?  
How do you make sense of this?

## 3. Action tendency (coping strategies)

What do you do to cope when you are triggered?  
How do you manage or avoid painful or uncomfortable feelings?  
What are the long-term costs of this?

## 6. Surface behaviours (shown to others)

What do you show others when you are in your coping or protective mode?  
How do you signal your needs or try to cope?  
Do the signals get scrambled?

## 5. Vulnerability (primary/core emotions)

What are you feeling on a primary, heart level?  
What are you most afraid of showing to others?  
What are you longing for from your important others?

## 4. Model of Self & Other (MOS & MOO)

How does coping like this impact how you feel about yourself?  
How does this impact your relationships?

## 8. Others' surface (how others respond)

How do others respond to you when you are in your coping or protective mode?  
What signals do they send?  
How do their signals speak right to your fears and doubts?

## 7. Others' vulnerability (primary/core emotions)

Without knowing exactly how another feels, could you guess what might be going on for them? Could there be a deeper, more vulnerable feeling beneath the surface, driving their actions?

Use Steps 1-4: To track the cycle "within"  
Use Steps 5-8: To track the cycle "between"  
Remember that both feed into the other & both impact & are impacted by MOO & MOS

