



Cycle vs. Heart Illustration for EFT © 2013 Paul Sigafus. LMFT
www.coloradocounselingcenter.com

(Modified from "The Negative Cycle" © Scott Woolley, PhD.
 Dr. Sue Johnson, the pioneer in EFT, was the first to identify how negative cycles keep couples away from the "Heart of the Matter." This illustration is just my attempt to visually organize her concepts.)