

Cycle & Progress Notes

Date:	Session #:	Partner 1:	Partner 2:
Current Step:			
Action Tendencies - Behavioral Reactivity Responses to Connection and Disconnection in Relationship: What do you do with those feelings of loneliness or when you get angry? Help me understand what it looks like for you when you are upset with your partner or hurt? How do you pursue for emotional closeness? What does that look like?			
Cue: What is it that your partner says or does that cues your response?			
Perceptions/Thoughts: While you are upset and/or hurting what is it you are telling yourself about this relationship and your partner/yourself?			
Secondary Emotions that lead to Primary Emotions: When you are walking away and feeling like you want to give up on him/her what is it that you are feeling? When you are frustrated, annoyed, or irritated with your partner, is it possible that you might be feeling a bit lonely-sad-scared as well underneath it all? What is happening for you emotionally behind that frustration or anger?			
Primary Emotions fueled by attachment longings			
Unmet Attachment Needs and Longings			
Important New Info/Shifts			
Describe the cycle as you would describe it to the couple in session:			
Future Directions:			