



Interaction Cycle Worksheet

Date:
Name:

Step One: EMBODIMENT (Therapist always begins with their own conscious awareness/intention of embodiment. Assess client/other for openness to verbal, conscious embodiment time at beginning of interaction. If redundant or unwelcome in some way, omit for client, but not for yourself.)

Step Two: DESIRE Identify client's desire. As necessary translate from external or negative statement, to internal experience with positive description.

Step Three: AWARENESS of how the desire manifests in body. Feedback if necessary. Hierarchy of feedback (p. 99, BMP book):

- Open
- Focused
- Menu
- Descriptive Feedback
- Interpretive Feedback as Question

Step Four: PROCESS

a) Sequencing – How does the desire move through the body?

b) Is there a negative response to the desire, a no as well as a yes?

b) Any Insight or Intentions that manifest after allowing the desire to manifest and/or move through the body?

c) Any Homework/Somatic touchstone or mantra that arises from the insights or intentions?

Assess Systems and Actions:

Systems active?
As support?
As expressors?
Sequencing?
Edge?

Actions active?
Actions inactive?
Edges?
Portals involved?
Truncations?