

The EPI Cycle - *Putting it into Practice*

1. NOTICE

"What's happening right now?" - *Bringing attention to the present moment*

- "Let's pause for just a second - what's happening in your body?"
- "As you sit here with me, what are you noticing?"
- "What feels loudest in this moment?"
- "If we slow this down just a little, what do you notice first?"
- "What's your body doing right now?"

Purpose: Shift from narrative → present-moment awareness.

2. NAME

Body sensations before the story - *Gently moving out of explanation and into the body*

- "Where do you feel that in your body?"
- "Is it tight, heavy, buzzy, warm, or something else?"
- "If that feeling had a shape or texture, what would it be like?"
- "Does it feel more inside your chest, your stomach, or somewhere else?"
- "Can we just name the sensation without explaining it?"

Purpose: Help the nervous system organize sensation without activating cognition.

3. STAY

Long enough for a shift - *This is the completion window*

- "Let's stay with that for just a few more seconds."
- "You don't have to change it - just notice it."
- "I'm right here with you. We can go slowly."
- "See what happens if we give it a little space."
- "Just notice if it shifts, even a tiny bit."

Purpose: Allow the emotion to finish its natural arc without pushing or flooding.

4. INTEGRATE

Orient back to safety - *Helping the body register completion*

- "What do you notice now?"
- "Can you feel your feet on the floor for a moment?"
- "Take a look around and name one thing you see that feels okay."
- "Let's take one slow breath together."
- "Does anything feel even a little more settled?"

Purpose: Anchor the nervous system in *now* and re-establish regulation.

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