



# Tragedy to Triumphantcy Emotional Healing Program A.L.A.P Method

## ACKNOWLEDGING

Activity	Date Completed
Think of situation	
Write it down	
Read it out loud	
Recite it	
Share it	

Completion GOAL:  
1 month

## LEARNING

Activity	Date Completed
Write down details	
Identify thoughts & feelings	
Research details	
Find patterns	
Research thoughts & feelings	
Find patterns	

Completion GOAL:  
2 months

## APPLYING

Activity	Date Completed
Write down holding on	
What it takes to release	
Specific action required	
Find patterns	
CHANGE	

Completion GOAL:  
1 month

## PROCLAIMING

Activity	Date Completed
Write essay	
Recite essay	
Start to share your story	

Completion GOAL:  
1 month