

Acknowledging Activity

1. Take one week to think about a recent situation that brought you some level of emotional hurt. (You can start with something low level like not getting a promotion vs. getting a divorce which is clearly more intense; however, not to be dismissive, they both will result in emotional hurt or pain.)
2. After you have pondered for one week, in one paragraph, write down your situation. For example, you can:
 - a. Start with: I feel _____ after _____ because _____.
 - b. Continue with: additional supporting and pertinent information.
 - c. End with: I am not happy about the time I've spent in this emotional place and desire to be healed.
3. For one week, select two consistent times each day to read out loud your paragraph (for example, before breakfast and before you go to bed).
4. For one week, using the same schedule you established in 3 above, recite your paragraph in front of a mirror as you look into your eyes.
5. When you feel comfortable, find a trusted person to share your situation stressing to them that the only requirement is that they LISTEN. It's extremely important to acknowledge you wish to be healed. Otherwise, this would be no more than talking about the situation *again* with no resolve to your negative emotional state. (NOTE: family and/or close friends are not always the best confidant for this activity; choose wisely.)
6. Consider reaching out to a certified professional (for example, a therapist) for additional guidance and resources.

When you have successfully gone through these exercises, you have completed the first step of the A.L.A.P. Method.