

Learning Activity

Now that you have acknowledged your situation and your desire to be healed...

1. Identify and write down at least two specific details from your paragraph that need attention and/or improvement; these details could be about the situation itself, the people surrounding the situation, the hurt you experienced because of the situation, your healing from the situation, etc.
2. Identify specific thoughts and emotions you felt when this situation first happened as well as the ones you feel now. Note that sometimes thoughts and emotions are the same over time and sometimes they change. There will be a separate and more specific activity relating to thoughts & emotions; right now, you need only identify them in this step. Give yourself 2 weeks to complete this part using the following table as an example:

Specific Detail	Thoughts & Feelings Then	Thoughts & Feelings Now	New knowledge
#1 – write your response here for the first detail that needs attention			
#2 – write your response here for the second detail that needs attention			
Etc...			

3. Taking notes as you go, research/learn something new about those situation details each day for one week. (Good questions to ask almost always start with - who, what, when, where, why and/or how).
4. In the following week, repeat 3 above for the second specific detail.
5. In the following week, repeat 3 above for the third specific detail (if applicable).
6. In subsequent weeks, repeat 3 above for as many specific details as you've identified.
7. After you have collected answers to your questions, take at least 2 weeks to meditate on them noting any patterns or trends; identify any "ah-ha" moments.
8. Repeat steps 3 – 7 except instead of the situation details of your paragraph, you will focus on your thoughts and emotions from step 2 above.

NOTE: your credible sources can be a professional, a book, magazine or newspaper, the internet (used with caution), cable news channels, etc.

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