

Applying Activity

Understand that this is the most difficult part of the process. Our emotions don't want to cooperate with what our logical and reasoning minds tell us. I think it's because change is involved; release is required in this "applying" step. Though powerless, our emotions are stubborn and they ironically want to hold on to that which causes us pain. Be patient with yourself and don't give up trying to accomplish this step.

Now that you have learned more about your situation and the associated thoughts and feelings...

1. Give yourself one week to write down what you're holding on to that's keeping those negative emotions alive.
2. Write down what it will take for you to release those negative emotions into the atmosphere and away from you. What specific actions must you take? Give yourself one week to accomplish this.
3. Take 2 weeks to consider all patterns, trends and ah-ha moments and make the necessary adjustments for improved emotional state – CHANGE – you must do something different!

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