

Proclaiming Activity

If you are a talker and in any way an outgoing person, this step will be the easiest for you. The hard part is over. You have done the work required to move closer to healing. This will be a bit tougher for the less talkative person, but with baby steps, take it one day at a time and challenge yourself to step outside of your comfort zone.

Now that you have applied what you have learned about your situation and associated thoughts and feelings...

1. Take at least one week to review your notes and write an essay capturing all three previous activities (Acknowledging, Learning and Applying).
2. Recite your essay until you have it memorized. One to two weeks is a good amount of time.
3. Find any opportunity to share how you overcame a challenging situation. This is ongoing...never stop sharing your Tragedy to Triumphantcy journey! Doing so continues to build you up and is inspiring for others with similar hurts seeking redemption and healing!

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