

Chaos to Carefree...
Find Your Inner Freedom
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The 3 AAA's
help you when you're feeling stuck
Acknowledge Accept Allow

I conceived this to help me when I feel stuck, obsessing about an issue or situation or don't even know what I am feeling, maybe a feeling of funk or frustration, something I can't put my finger on.....

I also use it when I am feeling great and want to anchor that in

Most important is the phrasing:

I **prefer** to allow myself to acknowledge.....
(how you are feeling, what's going on- be detailed or generic, be honest)

I **prefer** to allow myself to accept whether I like it or not
(how you are feeling, what's going on- be detailed or generic, be honest)
Can be the same as what you are acknowledging

I **prefer** to allow myself to move through this.....(momentary blip in the road, experience, feeling, or be specific or generic) in a healthy and loving way that benefits my well-being and in my relationship to others.
So Be it NOW....

I've shared it with my Counseling clients and friends who found it very helpful... so please share it with others...

Enjoy the journey...

Gylian