

*Chaos to Carefree...*  
*Find Your Inner Freedom*  
*Gylian Sclay, MS*

808.344.8068 ✉ [gylian@youremergentself.net](mailto:gylian@youremergentself.net)

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 share this with my Counseling clients and friends who find it very helpful... so share it with others...

Enjoy the journey...

*Gylian*