



SERVE YOURSELF

WITH ACCEPTANCE AND INTEGRATION TRAINING®

PRACTICE GUIDE (DP2)



MELANIE MCGHEE, L.C.S.W.



SERVE YOURSELF

5 PHASE PROCESS

SEEK UNDERSTANDING

Discover what's alive
and real for you.

I'm stressed about ...
It leaves me feeling ...
It leaves me thinking ...
My future self is so glad I ...
It's really important to me that ...

ENGAGE COLLABORATION

Narrow your focus.

Identify the problem or situation you would like to address.

Subjective Units of Distress (SUDs) _____

How do you feel about that problem or situation?

How would you rather feel?

RESOLVE REACTIVITY

Accept and integrate.

I feel _____ about _____ and that's where it's at and that's ok.
Even though I feel _____, I love and accept myself.
Resolve reactivity with:
Basic PEAT, End of Words, Universal Process, Deep PEAT 2, Little
Magical Method, or Little Sunyata Method.

VERIFY & STABILIZE

Affirm the durability
of your practice.

Verify.

Does the problem still feel like a problem? Direct awareness to the body. If there is still significant tension continue with exploring other points of view, opposition and future clearing.

How likely is it that this problem will impose itself on you in the future against your will? (0 – 10) _____. If above 2 continue with additional rounds opposition or other points of view.

Stabilize.

Focus on relaxation and calm in the body, allow that sensation to expand like water or light within. Fill body with light, appreciation, or forgiveness.

EMBODY

Embody new
knowledge & true self
with daily practice.

What I know now that I didn't before is ...

This will change things for me in the following ways ...



*Taking Responsibility for and tending to our inner state is
the source of our freedom.*



AAIT PRACTICE FOCUS

TODAY I AM GRATEFUL FOR

TODAY'S TOP GOALS

01

02

03

AWARENESS PROMPTS

I'm stressed about ...

It leaves me feeling ...

It leaves me thinking ...

I'm worried about ..

I regret ..

I resent, I'm annoyed about ...

I'm excited about ...

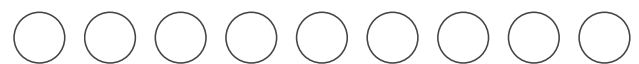
It's important to me that ...

My future self is so glad that I ...

WATER



SLEEP



MOOD



MOVEMENT



NOTES



BALANCE WHEEL

Each section of the Balance Wheel signifies an area of life. Imagine that the center of the wheel is a "zero" level of satisfaction level while the outer edge represents a "ten" satisfaction level. Rate each area of your life by drawing a line to create a new outer edge. The more closely your line resembles a circle, the more balanced your life may feel.



Once you've rated each area, choose one section for your focus. Identify a problem, experience, or situation that inhibits your sense of wellbeing. Identify one idea or conclusion you have drawn about your self, others, or life in relation to this situation. Identify one experience or situation that challenges you and make note of one goal you'd like to achieve





DEEP PEAT 2

DEVELOPED BY ZIVORAD M. SLAVINSKI

Once you get to know Deep PEAT 2 (DP2), you will find it is particularly useful as a walking around practice and can quickly restore your state. It can be very useful in untangling from cognitive distortions, injunctions and other self-limiting cognitive activity. You will alternate between mind and body. Thoughts and images are of the mind. Emotions and sensations are of the body.

Following the stream of consciousness with DP2 helps us to recognize the layers of thoughts and emotions entangling us while discharging and neutralizing their energy.

For your embodiment practice, writing or vocalizing the responses will help you track the emotion / thought duality and may point to persistent limiting beliefs that could be useful for your embodiment practice. That said, don't let slow writing slow the process.

Reminder: Images can be accepted as thoughts and body sensations can be treated as emotions.

1 IDENTIFY & FEEL

Identify the situation, experience, belief, or goal. Name it, the _____ situation. Feel this situation as strongly as possible.

2 IDENTIFY EMOTION

Ask yourself what emotion or body sensation arises.

3 IDENTIFY THOUGHT

Ask yourself what thought or image follows the previous emotion or sensation.

4 IDENTIFY EMOTION

Ask yourself what emotion or body sensation follows the previous thought or image.

5 REPEAT STEPS 3 & 4

Alternate between thoughts (or images) and emotions (or sensations) until you experience three consecutive positive or empty contents.



VERIFY

Direct awareness to the body. The body won't lie. Does the problem still feel like a problem? How likely is it that this problem will impose itself on you in the future against your will? (0 – 10) ____ . If above 2 continue with additional rounds opposition or other points of view.

STABILIZE

Stabilize with a few breaths sensing that last positive state expanding throughout the body.

TROUBLESHOOTING

You can use the first eye-points (under the eyebrow, close to the bridge of the nose. This can help those of us who have a hard time distinguishing between thoughts and emotions. Use the left eye-point for the emotions/sensations and the right eye-point for the thoughts/images.

With repeating content, dig just a little deeper. Are there other emotions or body sensations that accompany that content? Conversely, is there some other thought or image showing up with that content?

If it feels muddy or you've been working for 15 minutes or more, take a little pause and move your body. Check to see if you are limiting the content to one thought / image or one emotion / sensation at time or allowing for loads of content. Also check to see if you are actually alternating between thoughts and emotions or not.

At some point contents become positive or neutral. It will feel empty like you are reaching for something. This is an indication that the negative energetic charge has been neutralized.

Problem:

EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	



THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	
THOUGHT / IMAGE	
EMOTION / SENSATION	





This manual is a product of the work of Zivorad M. Slavinski and Melanie McGhee, L.C.S.W. Like all honest people, Mr. Slavinski and Ms. McGhee earn their living. Copying or sharing this guidebook without compensation to the owner of the copyright is a breach and theft of intellectual property. Anyone who does this corrupts and burdens their karma. Thank you for not doing that.

© 2023 Illumined Life, LLC All rights reserved.

www.aaitaia.org