



A FREE THE SELF™ GUIDE

# THE A-L-I PRACTICE

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PRACTICE GUIDE

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# Welcome To The A-L-I Practice

Acknowledge-Legitimize-Integrate is a core practice of compassion, sane making, and building emotional allyship with your inner child and inner self. This tool is used extensively in my 3 courses: The Essential Codependency Healing Trainings, The Actually Heal Trainings, and the Codependency Healing System. You can learn more about these here: [The Courses](#)

Resources for this practice:

- **The A-L-I Training Video:** [A-L-I How-to Training](#)
- **Audio Guide:** You can also use the A-L-I Audio Version to lead you through the practice. Click here: [A-L-I Audio Guide](#)
- **Feedback:** I would love to hear your experience of this module, as it will help me improve it for you and others. Share your experience here: [Feedback](#)

I hope this contributes to your healing and well-being. If you want more assistance or to learn more about how I heal codependency by restoring your safety, sanity, and self, visit:

- My website: [www.freetheself.com](http://www.freetheself.com)
- Facebook: [www.facebook.com/freetheself](http://www.facebook.com/freetheself)
- The Community: [community.freetheself.com](http://community.freetheself.com)
- YouTube: [tv.freetheself.com](http://tv.freetheself.com)

**Remember, you're worth knowing, loving, and keeping!**

*Marshall Burtcher*



## Step One: Acknowledgment

Choose an experience, feeling, need, or want you'd like to get more connection and integration with.

This can be applied to another person's behavior, your behavior, an experience or situation. Keep the focus of the questions on whatever you choose and don't shift to a different focus.

The typical focus of A-L-I how you feel about something you've experienced.

Here's the Instructions:

- **Step One: ASK:**
  - What do I feel about this?
  - What do I think about this?
  - What do I sense about this?
- **Step Two: PAUSE** with yourself and listen by checking in with how you feel in your body. Sense into it and listen for a moment to what is there.
- **Step Three: ACKNOWLEDGE AND OBSERVE** what comes and acknowledge it by creating a discerning statement: I feel emotion about (them/situation/etc); "I trust, just a bit, in my awareness."
- **Tip:** Keep an eye on your emotional and mental capacity as you do this; it is OK to take your time and practice a bit of acknowledgment for a moment then stop (this is titration). It is normal for some things to take time to be acknowledged.



## Step Two: Legitimization

We bring truth, reality, and sanity back by legitimizing the experience, emotions, and sensations that you experience.

**Instructions (you can use the chart below the instructions to help you):**

- **Step One:** Rate the intensity of what you are feeling or sensing and note it below
- **Step Two:** Use an appropriate Legitim�er to help you legitimize what is present for you
  - [Pain Legitim�er](#)
  - [Feelings Legitim�er](#)
  - [Perspective Legitim�er](#)
  - [Wants Legitim�er](#)
  - [Needs Legitim�er](#)
  - [Limit/Boundary Legitim�er](#)
  - [Being Legitim�er](#)
- **Step Three:** Check with the intensity of what you are feeling and note any change below
- **Step Four:** Describe your experience with legitimization
- **Use the chart below to track Steps 1 – 4**
  - 0 = calm; 10 = intense emotion

NAME THE SENSATION	INTENSITY BEFORE LEGITIMIZATION	INTENSITY AFTER LEGITIMIZATION	DESCRIBE YOUR EXPERIENCE
Fear	9	2	My fear is valid and not something to fix
	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	



## Step Three: Integration

Pause, Acknowledge, and Observe what shows up after Legitimization. The questions below can help you identify any shifts. Answer the questions that are relevant to you and your experience.

QUESTIONS	ANSWERS
<p>What have you discovered as you've practiced A-L-I?</p> <p>(example: I found that I was really not believing what I went through was real)</p>	
<p>What shifts have happened for you?</p> <p>(example: I felt a lightness start to come in as I acknowledged what I had been through)</p>	
<p>What results are you seeing in how you feel, behave, or choose?</p> <p>(example: I am noticing I'm not denying what I went through; I'm even feeling a little compassion towards myself)</p>	
<p>How safe does this change feel on a scale of 1 – 10, 1 = not safe, 10 = very safe.</p> <p>Retrieve safety and regulate if you're below a 6 on the safety scale.</p> <p>The Safety Retrieval Tool: <a href="#">MP3</a></p> <p>The Daily Regulation Practice: <a href="#">The DRP</a></p> <p>Use the Trust The Change Tool to increase the safety of the integration: <a href="#">Trust The Change MP3</a></p>	



## The Sensation Visualization Tool

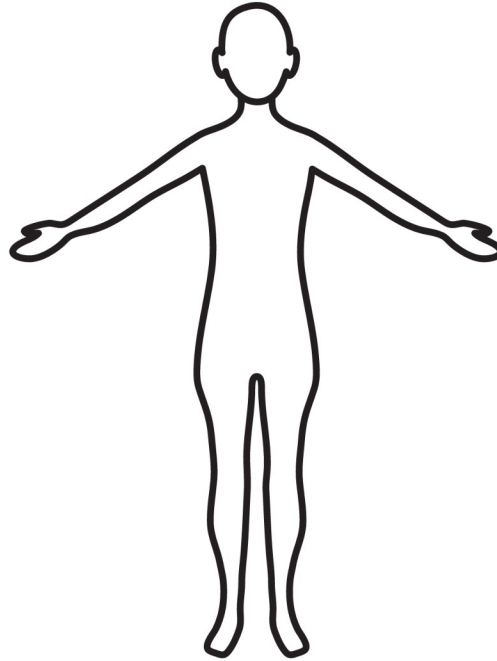
Use the Sensation Visualization Tool to assist in using A-L-I: [SAV Tool](#)

### VISUALIZATION

**Instructions:**

- Mark the location of where you feel the sensation
- Note it's characteristics (shape, color, temperature, size, density, texture, etc)
- You can also draw it in that location

### SENSATION AWARENESS VISUALIZATION





## Conclusion

Make this a daily practice for the rest of your life and you will find more peace, more confidence, and more sanity in your reality.

Share in the Heal Your Community how you feel and what you learned today!

- [Heal Your Codependency Community](#)

Got questions? Need support? Contact us here:

- [experts@freetheself.com](mailto:experts@freetheself.com)
- Share in [The Community](#)

Remember, you're worth loving, you're worth knowing, and you're worth keeping.

*Marshall Burtcher*

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