

From: Sterling A. Allan, 228033; B2-1 101A
Re: Pioneer Session for Healing Affirmation Event
To: Capt. Karic, 1/7/24

In preparation ^{for providing} and supporting material for my ^{to you} proposal about doing shouted affirmations for addiction healing, I'd like to do this myself. I've never done it before.

I've talked to my section leader, J.R., and ^{Building leader,} to ^{at the} Forne about it. Tonight, 4:30 pm section meeting, J.A. is going to have me present the idea to the section, ~~so when it is~~ to get their input and support (e.g. might interrupt ^{navs,} a conversation, TV, phone call — for ~15 sec.s).

As part of this beta run, I'd like to have the session videoed (by someone from staff with authorization) then uploaded to the tablet, e.g. to Explore > Edu > Origin Learning Management Sys. > Bear 2 > SOLID Seminar Topics > Addiction ^{and} Recovery > Healing Affirmation Events [new category, for these] #

or to --- Bear 2 > Power > ---

or to --- Bear 2 > ---

My affirmation statement (to be shouted by me) will be along the lines of, "I protect and empower, ~~not as~~ I don't objectify." I see myself saying it once, waiting a couple of seconds, then saying it again.

ILandComing.org > Blogs > SOLID >

File name: Sterling A. Allan's Affirmation, <Date>
#

Preferred >

I'll have my "support group" nearby (e.g. COSS, Friends, J.R.) ~~I~~ I see myself standing ~~the~~ ~~video~~ on the balcony where the TVs are on the rail. My support group will be in the large opening by beds 201A,B (with their permission).

video { I see
 The videographer starting by panning the section to show the context. They'll be standing in front of the rails by 201A. I'll then walk to the middle of the ^{balcony} ~~hall~~ walkway between 201A and 216A and then make my proclamation very loudly, twice, with a couple of seconds ^{between} between. I'll smile, then walk over to my support group who will congratulate me.

The video might last 1 min.

It will then be uploaded to the tablet where I can watch it (and anyone else, who wants to). It will be there for me if I get in a place of weakness and need a boost, to relieve that. (For those pending release, their video would be made available for them to offload for access on the outside.) [This could face legal issues unless faces are blurred, unless release statements are signed?]

③

That (above) would be the standard format (with some variations in other non-pory-wall setups)

Best since because this will be a pioneering run (hence first in sequence in the tablet folder), I see myself doing a brief intro to let people know what the video is about, what it's purpose is, and the basic principles of the affirmation process. I'd say ~~say~~ something along the lines,

"Hello, I'm Sterling^{D.} Allan.

I'm about to do an addiction healing affirmation. This is a new approach I'm hoping can become a great tool for anyone who wants to heal from ^{their} addiction. The basic elements are quite simple. I'm in an environment that is scary for me, which will evoke nervousness on my part. That will cause the release of adrenaline, which causes the subconscious to pay close attention. My loudly proclaiming my affirmation in front of all these fellow inmates milling around will become deeply embedded in my subconscious mind.

~~After I~~ Look around at the section I here at 8:22 pm on (date). The most every one is here, watching TV, chatting, playing cards, on the phone. They won't appreciate being interrupted. I let them know ahead of time

that we'll be doing this, and they're okay with it, for the most part. But still, now that it's happening, they're still not going to appreciate being interrupted in whatever they're doing. That makes me nervous. That gets the adrenaline pumping.

After doing the affirmation a couple of times (for clarity's sake), I'll then walk over to my group of supporters who will congratulate me. Pat on the back. That gives me a dopamine reward to resolve the adrenaline rush. The supporters include friends, section leadership, and CPSS - certified peer support specialist specialists.

This is being videotaped so that it can be uploaded to the tablet where I (and others) can access it, such as when I might be feeling weak. In watching it, I'll be reliving the emotions, as if doing it again, and will be reinvigorated.

This methodology in other settings has a very high success rate - over ~~80~~ 82% recovery rate. (Unsuccess^{usually} comes by not reviewing the video when needed.)^a

Here I go!

uh -

I'll appreciate your support in providing someone to do the video portion of this.