



# HEAL

TOOLS INDEX

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## How the Tools of HEAL Empower You

The tools you've got in HEAL will help you manage and release your emotions far, far outside the formal program in HEAL. This guide shows you how to apply the Daily Integrative Meditations, the Clearings, and the Validators to release, heal, and thrive emotionally. These tools are designed deliberately for this kind of flexibility.

This guide breaks down emotion into seven different categories and lists various emotions that fit within those categories. Any relevant DIMs, Validators, and Clearings will be listed, too.

Currently the guide has strategies for responding to:

- Shame
- Guilt
- Fear
- Fatigue
- Anger
- Injustice
- Emotional Validation
- Sadness/Grief
- Experience Validation
- INDEX OF ALL DIMS, CLEARINGS, EMBODIMENTS, AND VALIDATORS

Each of these categories has a subset of related emotions. You can use certain Daily Integrative Meditations, the Clearings, and the Validators to work with them in dynamic ways.

As more DIMs, Clearings, and Validators are created, this guide will be updated. Group posting, emails, and course updates will be set out with each update!

# SHAME

Synonymous emotions:

<p>Small Flawed Broken Worthless Unworthy Sinful Undesirable Gross</p>	<p>Unacceptable Dirty Repulsive</p>
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Strategies:

<p>Use the <a href="#">Shame Clearing</a> and note your experience</p> <p>Use the DIM, "<a href="#">1st-person-dim-worth-1.mp3</a>" to validate your worth and value</p> <p>Give Love to yourself by honoring the deeper feelings behind the shame, which are often hurt, sadness, or even love and vulnerability</p> <p>Let go of the shame: "If I could, would I let go of this shame just for now? If I could do that, when would I do that?"</p> <p>Get Curious: "I have the assumption that my (action/feeling/choice/desire) is shameful. What else is possible now?"</p>	<p>Validate your action/feeling/choice/desire: "If I could, would I acknowledge the goodness of my action/feeling/choice/desire right now? If I could do that, when would I do that?"</p> <p>What if your action/choice/desire/feeling isn't actually shameful? Who taught you it was? Is that something you agree with now?</p> <p>Who would you be without this shame?</p> <p>Watch this video on Shame by Brene Brown: <a href="https://www.ted.com/talks/brene_brown_listening_to_shame">https://www.ted.com/talks/brene_brown_listening_to_shame</a></p>
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# GUILT

Synonymous emotions:

<p>Sorrow Remorse Faulty Regret Responsibility</p>	
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Strategies:

<p>Use the <a href="#">Guilt Clearing</a> and note your experience</p> <p>Identify the Rule you feel you broke and assess if that is your rule: Is this my rule? Who gave it to me? Is this a rule I want to keep?</p> <p>Forgive yourself while owning and apologizing for any hurt caused</p> <p>Give yourself permission to disappoint others while doing what you need for your happiness</p>	<p>Identify your behavior and look at ways to improve your behavior and skill</p>
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# FEAR

Synonymous emotions:

Anxious Apprehensive Cautious Distrustful Doubting Dread Exposed Frantic Insecure	Nervous Panic Skeptical Terrified Threatened Uncertain Unsafe Vulnerable
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Strategies:

<p>Use the <a href="#">Fear Clearing</a> and note your experience</p> <p>Use the <a href="#">CALM Regulation Technique</a></p> <p>Assess the Fear and Accept the Consequence: "If I could, would I accept the consequence? If I could do that, when would I do that?"</p> <p>Acknowledge the fear and how you feel: "If I could, would I accept my fear? If I could do that, when would I do that?"</p> <p>Get Curious: "I have the assumption that my fear is real. What else is possible now?"</p>	<p>Validate your present safety: "If I could, would I acknowledge how safe I actually am right now? If I could do that, when would I do that?"</p> <p>Identify what is in your power (remember, your choices, actions, feelings, thoughts, and desires are in your power), and identify what actions you can take to address the circumstance. Reach out for help if you don't identify options.</p> <p>Identify our specific fear and see if there's a DIM that would compliment a positive alternative.</p>
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# FATIGUE

Synonymous emotions:

Depression Low Energy Exhaustion Feeling flat Heavy Thick	
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Strategies:

Use the <a href="#">Fatigue Clearing</a> and note your experience  Use the <a href="#">Shame Clearing</a> and note what releases  Use the " <a href="#">1st-person-dim-validation-feelings-1-complete.mp3</a> " to help bring love to those emotions  Choose a DIM that is the opposite of the message of the depression	
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# ANGER VALIDATOR

Synonymous emotions:

Rage Frustration Anger Tension Aggression Irritation	
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Strategies:

<p>Use the Anger Validators and note your experience:</p> <ul style="list-style-type: none"> <li>• <a href="#">Validator One</a></li> <li>• <a href="#">Validator Two</a></li> </ul> <p>Use the "<a href="#">1st-person-dim-validation-feelings-1-complete.mp3</a>" to help bring love to those emotions</p> <p>Choose a DIM that is the opposite of the message of the depression</p>	<p>Anger is a worthwhile emotion. It signals broken boundaries and unmet needs. Validating it allows you to move from victim-self to assertive-self. Allow your anger to help you master your voice and strength in being you and occupying your space.</p>
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# EXPERIENCE VALIDATOR

Synonymous emotions:

Confusion Uncertainty about your take on things Dissociation Fog	
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Strategies:

Use the Experience Validator and note your experience: <ul style="list-style-type: none"><li>• <a href="#">Experience Validator</a></li><li>• <a href="#">Sane Maker PDF</a></li><li>• <a href="#">Sane Maker MP3</a></li></ul>	Validating our experience helps us break free of our sense of distrust in ourselves and our sense of crazy. Your experience is real, it matters, and it is valuable. Believe yourself first.
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# INJUSTICE VALIDATOR

Synonymous emotions:

<p>Frustration over injustice Intense need for justice and equality Need to have the abuser admit and validate their behaviors and the pain they caused Feeling like your experience isn't valid because of the lack of justice</p>	
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Strategies:

<p>Use the Injustice Validator and note your experience:</p> <ul style="list-style-type: none"><li>• <a href="#">Injustice Validator</a></li></ul>	<p>The need for justice is real and valid. When we validate it while also accepting that injustice will happen, we become more peaceful and able to take proactive action to change the world through activism and we can move beyond the trap of being a victim to their behaviors.</p>
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# LEGITIMACY OF EMOTIONS VALIDATOR

Synonymous emotions:

Feeling like your feelings don't matter What you feel isn't real Not sure if you're feeling the "right feelings"	
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Strategies:

Use the Legitimacy of Emotions Validator and note your experience: <ul style="list-style-type: none"><li>• <a href="#">Legitimacy of Emotions Validator</a></li></ul>	All emotions are valid, real, and important. While they may not be rational for the experience happening, they still carry an important message and can lead us to deeper enlightenment and peace.
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# SADNESS/HURT/GRIEF VALIDATOR

Synonymous emotions:

Grief Sadness Loss Emptiness Heart-break	
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Strategies:

Use the Sadness/Hurt/Grief Validator and note your experience: <ul style="list-style-type: none"><li>• <a href="#">Sadness/Hurt/Grief Validator</a></li></ul>	Grief is the echo of love that has no where to land. Hurt, sadness, and loss are a normal and natural part of healing and thriving. Allow yourself to connect with these sensations and to allow it to grow you and mature you emotionally.
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# INDEX OF ALL MP3 TOOLS

CLEARINGS	DIMS
<ul style="list-style-type: none"> <li>• <a href="#">Shame Clearing</a></li> <li>• <a href="#">Guilt Clearing</a></li> <li>• <a href="#">Fear Clearing</a></li> <li>• <a href="#">Fatigue Clearing</a></li> <li>• <a href="#">General Clearing</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Being</a></li> <li>• <a href="#">Validation of Feelings</a></li> <li>• <a href="#">Validation of Wants/Needs</a></li> <li>• <a href="#">Loving Accountability &amp; Power Retrieval</a></li> <li>• <a href="#">Belonging</a></li> <li>• <a href="#">I Am Lovable</a></li> <li>• <a href="#">Being Loved</a></li> <li>• <a href="#">Sharing Our Love</a></li> <li>• <a href="#">Worth and Purpose</a></li> <li>• <a href="#">Trusting Yourself</a></li> <li>• <a href="#">Trusting Others</a></li> <li>• <a href="#">Resiliency to Rejection</a></li> <li>• <a href="#">Choosing Yourself First</a></li> </ul>

VALIDATORS	EMBODIMENTS
<ul style="list-style-type: none"> <li>• <a href="#">Anger Validator One</a></li> <li>• <a href="#">Anger Validator Two</a></li> <li>• <a href="#">Experience Validator</a></li> <li>• <a href="#">Sane Maker MP3</a></li> <li>• <a href="#">Injustice Validator</a></li> <li>• <a href="#">Legitimacy of Emotions Validator</a></li> <li>• <a href="#">Sadness/Hurt/Grief Validator</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Fearlessly You</a></li> <li>• <a href="#">Validity of You</a></li> <li>• <a href="#">Being You Powerfully</a></li> <li>• <a href="#">Belonging As You Are</a></li> <li>• <a href="#">Radically Loving You</a></li> <li>• <a href="#">Feeling Safe Being Loved</a></li> <li>• <a href="#">Sharing Your Love</a></li> <li>• <a href="#">Occupy Your Worth</a></li> <li>• <a href="#">Radically Trusting Yourself</a></li> <li>• <a href="#">Trusting Others</a></li> <li>• <a href="#">Making Rejection Insignificant</a></li> <li>• <a href="#">Choosing Yourself First</a></li> </ul>

Each of these strategies have helped other students get the most out of HEAL and their investment. If you find your situation doesn't fit these, message me in the group or at [experts@freetheself.com](mailto:experts@freetheself.com) and we'll figure out an approach that works for you!

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

Marshall Burtcher

*Your Mentor in Thriving Beyond Codependency, Neglect, & Narcissistic Abuse*

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