



A FREE THE SELF™ GUIDE

# THE 4 ESSENTIAL CONCEPTS & PRACTICES FOR HEALING CODEPENDENCY WORKSHOP

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THE WORKSHOP GUIDE

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# Welcome To The Workshop!

## **THIS GUIDE WAS UPDATED: 8/1/2022 @9:59am**

This guide contains the practices outlined in this workshop. Do not try to jump ahead if this is your first time through. Take your time and follow the training step by step. This ensures your best, most effective experience and success.

### Important Links:

- The Live Classroom ZOOM link: [Workshop Class Room](#)
- Workshop Trainings Quick-link: [Workshop Recordings](#)
  - Don't have access? Click here: [Buy The Recordings](#)
- [The Community](#)
- During Q&A periods in each class
- By hitting REPLY on any email from me

Below are links to course-critical resources. Use these for quick access to your resources:

- [University Login](#)
- [Daily Regulation Practice](#)
- [The Basic Attachment Distress Regulator](#)
- [The Sane Maker](#)

I'm excited to have you as my student. I am grateful for the privilege of being a guide in your life.

*Marshall Burtcher*



# Index

You can navigate quickly to individual workshop modules by clicking on the module you want below:

- [Module One: The Origin Of Codependency](#)
- [Module Two: Innate Legitimacy](#)
- [Module Three: Natural Completeness](#)
- [Module Four: Congruence](#)
- [Module Five: Implementation & Next Steps](#)
- [Resources](#)
- [Enrollment Link](#)



# Day One Practices

## Instructions:

- **Step One:** Begin Nervous System Care Practices by following the Daily Regulation Practice Guide: [The Daily Regulation Practice](#)
  - **Interval:** Do this daily
- **Step Two:** Reinforcement Practice
- **Feedback:** I would love to hear about your experience of this module, as it will help me improve it for you and others. Share your experience here: [Feedback](#)
- **Recordings are here:**
  - [Video & MP3](#)
  - Don't have access?
    - Purchase the recordings here: [Recordings](#)



## Step One: Daily Regulation Practice

Practice soothing and caring for your nervous system using the Daily Regulation Practice here: [The Daily Regulation Practice](#)



## Step Two: Reinforcement Practice

Reinforce your growth and discoveries by answering the questions below each week. You'll start to see how you're grow, evolve, and succeed.

QUESTIONS	ANSWERS
<p><b>DISCOVERY:</b></p> <p>What did you discover about yourself in this class?</p> <p>What did you discover about others in this class?</p> <p>What did you discover about your healing?</p> <p>What has changed for you since you started the work?</p>	
<p><b>CURIOSITY:</b></p> <p>What do you want to learn more about?</p> <p>What are you curious to experiment with?</p>	
<p><b>PRAISE &amp; APPRECIATION:</b></p> <p>What are you proud of today?</p> <p>What can you praise and appreciate about yourself today?</p> <p>You can use the Praise &amp; Appreciation Tool to Help: <a href="#">MP3</a></p>	
<p><b>COMPASSION:</b></p> <p>What needs compassion in you today? This can be emotions, choices, actions, successes, failures, anxieties, etc.</p> <p>You can use the Compassion Tool to help: <a href="#">MP3</a></p>	



# Day Two Practices

You'll be practicing cultivating trust in the legitimacy of your reactions through a gentle, titrated (bit-by-bit) practice.

The Instructions:

- **Step One:** Once a day, listen to the [“Self-Trust Tool #1: Restoring Trust In The Legitimacy Of Your Reactions” MP3](#)
  - Record your experience below
  - Reflect on it throughout the day and record below what you notice
- **Step Two:** Continue to practice daily regulation: [The Daily Regulation Practice](#)
- **Step Three:** Reinforcement Practice
- **Feedback:** I would love to hear about your experience of this module, as it will help me improve it for you and others. Share your experience here: [Feedback](#)
- **Recordings are here:**
  - [Video & MP3](#)
  - Don't have access?
    - Purchase the recordings here: [Recordings](#)

DAY #:	REFLECTIONS AFTER THE PRACTICE	RESULTS FROM DAILY REFLECTION
<p>Once a day, listen to the <a href="#">“Self-Trust Tool #1: Restoring Trust In The Legitimacy Of Your Reactions” MP3</a></p> <p>Record your experience and daily reflection.</p> <p>Do this once a day for 30 days to see maximum impact.</p> <p>Example: Felt more peace about my reactions after practicing today</p>		



## Step Two: Daily Regulation Practice

Practice soothing and caring for your nervous system using the Daily Regulation Practice here: [The Daily Regulation Practice](#)





## Step Three: Reinforcement Practice

Reinforce your growth and discoveries by answering the questions below each week. You'll start to see how you're grow, evolve, and succeed.

QUESTIONS	ANSWERS
<p><b>DISCOVERY:</b></p> <p>What did you discover about yourself in this class?</p> <p>What did you discover about others in this class?</p> <p>What did you discover about your healing?</p> <p>What has changed for you since you started the work?</p>	
<p><b>CURIOSITY:</b></p> <p>What do you want to learn more about?</p> <p>What are you curious to experiment with?</p>	
<p><b>PRAISE &amp; APPRECIATION:</b></p> <p>What are you proud of today?</p> <p>What can you praise and appreciate about yourself today?</p> <p>You can use the Praise &amp; Appreciation Tool to Help: <a href="#">MP3</a></p>	
<p><b>COMPASSION:</b></p> <p>What needs compassion in you today? This can be emotions, choices, actions, successes, failures, anxieties, etc.</p> <p>You can use the Compassion Tool to help: <a href="#">MP3</a></p>	



# Day Three Practices

You'll be practicing cultivating trust in the legitimacy of your Innate Value.

## The Instructions:

- **Step One:** Listen to the Self-Trust Cultivation Tool: Innate Value
  - Record your experience below
  - Reflect on it throughout the day and record below what you notice
  - **Interval:** 3 times this week
- **Step Two:** Continue to practice daily regulation: [The Daily Regulation Practice](#)
- **Step Three:** Reinforcement Practice
- **Feedback:** I would love to hear about your experience of this module, as it will help me improve it for you and others. Share your experience here: [Feedback](#)
- **Recordings are here:**
  - [Video & MP3](#)
  - Don't have access?
    - Purchase the recordings here: [Recordings](#)

DAY #:	RESULTS FROM YOUR PRACTICE	RESULTS FROM DAILY REFLECTION
<p>Once a day, listen to the <a href="#">"Self-Trust Cultivation Tool: Innate Value MP3"</a></p> <p>Record your experience and daily reflection.</p> <p>Questions you can explore:</p> <p>What shifts did you feel:</p> <ul style="list-style-type: none"> <li>• emotionally?</li> <li>• physically?</li> <li>• mentally?</li> <li>• in your level of self-trust?</li> </ul>		



DAY #: \_\_\_\_\_

<b>DESCRIBE WHAT YOU BELIEVE IS DEFINING YOUR WORTH</b>	<b>DO THE LEGITIMACY PRACTICE. DESCRIBE YOUR EXPERIENCE</b>	<b>DESCRIBE YOUR SENSE OF VALUE NOW</b>
(I feel their judgment defines me)	(I felt tears come up; I cried; I felt myself reconnect with a lost part of me; I felt warm after that)	(I feel more whole, calm, focused, and safe)



## Step Two: Daily Regulation Practice

Practice soothing and caring for your nervous system using the Daily Regulation Practice here: [The Daily Regulation Practice](#)



## Step Three: Reinforcement Practice

Reinforce your growth and discoveries by answering the questions below each week. You'll start to see how you're grow, evolve, and succeed.

QUESTIONS	ANSWERS
<p><b>DISCOVERY:</b></p> <p>What did you discover about yourself in this class?</p> <p>What did you discover about others in this class?</p> <p>What did you discover about your healing?</p> <p>What has changed for you since you started the work?</p>	
<p><b>CURIOSITY:</b></p> <p>What do you want to learn more about?</p> <p>What are you curious to experiment with?</p>	
<p><b>PRAISE &amp; APPRECIATION:</b></p> <p>What are you proud of today?</p> <p>What can you praise and appreciate about yourself today?</p> <p>You can use the Praise &amp; Appreciation Tool to Help: <a href="#">MP3</a></p>	
<p><b>COMPASSION:</b></p> <p>What needs compassion in you today? This can be emotions, choices, actions, successes, failures, anxieties, etc.</p> <p>You can use the Compassion Tool to help: <a href="#">MP3</a></p>	



## Day Four: Congruence – Restoring Sanity

You'll be practicing re-aligning with your lived experience and emotions using The A-L-I Practice in three areas: Your Experience, Your Emotions, And The Impact. This will help you begin trusting and believing your lived experiences again.

Here's The Instructions:

- **Step One:** Apply A-L-I the 3 areas of Experience, Emotions, and Impact
  - Follow the instructions starting on the next page to A-L-I this need.
  - Record your results each time you do it by answering the questions on the next page
- **Step Two:** Continue to practice daily regulation: [The Daily Regulation Practice](#)
- **Step Three:** Complete the Reinforcement Practice
- **Tip:** Keep an eye on your emotional and mental capacity as you do this; it is OK to take your time and practice this tool in a bit-by-bit approach (aka titration). It is normal for some things to take time to be acknowledged.
- **Recordings are here:**
  - [Video & MP3](#)
  - Don't have access?
    - Purchase the recordings here: [Recordings](#)

Resources For This Tool:

- **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](#)
- **The PDF Guide:** [A-L-I PDF](#)
- **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](#)



**Record your experience and result below in each category. The ALI Practice starts on the next page**

CATEGORY	RESULT
<p><b>A-L-I An Experience</b></p> <p>(experience example: I just got an email that upset me)</p> <p>(result example: I acknowledge the anger and how intense it feels; I can see why I am angry; this person has harmed me in the past and I want to feel safe; I notice I felt more calmed and clear after acknowledging and legitimizing that; that feels safe to accept for a moment)</p>	
<p><b>A-L-I An Emotion</b></p> <p>(feeling example: I feel frustrated today)</p> <p>(result example: I let myself feel frustrated and notice I just need to sit in it as that feels comforting; I noticed that after a few moments, I felt like what I felt was legitimate as I had been feeling pressure to perform; I feel more at peace and safe to feel that way)</p>	
<p><b>A-L-I An Impact</b></p> <p>(impact example: That message hurt me and confused me)</p> <p>(impact result: That hurt matters and I feel it; naturally I would be hurt; they made assumptions and didn't as first then got upset at me for pointing that out; I feel really sad about this; my day is sad; and I feel softness around acknowledging that)</p>	



## Step One: Acknowledgment

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:** RECOGNIZE & RECEIVE & TRUST 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."
- Use the Discerning You Process MP3 for help: [Discerning You Process MP3](#)
- **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

Record your discoveries, shifts and results as you practice A-L-I. This allows you to integrate and adapt to the shifts you're experiencing. Do this by answering the questions below.

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>	



## STEP FOUR: EVALUATE YOUR RESULTS:

QUESTIONS	ANSWERS
<p>What did you feel about your experience or feelings before practicing A-L-I?</p> <p>(example: I didn't believe they mattered all that much)</p>	
<p>What did you feel after?</p> <p>(example: I started feeling like they mattered to me)</p>	
<p>What shift, if any, occurred in your perception about the experience or feeling you were addressing?</p> <p>(example: I found that what I felt and went through mattered a bit more to me)</p>	



## Step Two: Daily Regulation Practice

Practice soothing and caring for your nervous system using the Daily Regulation Practice here: [The Daily Regulation Practice](#)



## Step Three: Reinforcement Practice

Reinforce your growth and discoveries by answering the questions below each week. You'll start to see how you're grow, evolve, and succeed.

QUESTIONS	ANSWERS
<p><b>DISCOVERY:</b></p> <p>What did you discover about yourself in this class?</p> <p>What did you discover about others in this class?</p> <p>What did you discover about your healing?</p> <p>What has changed for you since you started the work?</p>	
<p><b>CURIOSITY:</b></p> <p>What do you want to learn more about?</p> <p>What are you curious to experiment with?</p>	
<p><b>PRAISE &amp; APPRECIATION:</b></p> <p>What are you proud of today?</p> <p>What can you praise and appreciate about yourself today?</p> <p>You can use the Praise &amp; Appreciation Tool to Help: <a href="#">MP3</a></p>	
<p><b>COMPASSION:</b></p> <p>What needs compassion in you today? This can be emotions, choices, actions, successes, failures, anxieties, etc.</p> <p>You can use the Compassion Tool to help: <a href="#">MP3</a></p>	



## Day Five Practices

Here are the instructions:

- **Step One:** Use the Application Practice to guide your healing
  - Practice Daily Regulation
  - Practice Nurturing Innate Legitimacy
  - Practice Retrieving your Innate Value
  - Practice A-L-I
  - Record your results each time you do it by answering the questions on the next page
  - Do this for the next 14-30 days and see what shifts for you
  - Practice starts on the next page
- **Step Two:** Evaluate What You Need Next
  - Outline current resources
  - What did you discover during the workshop?
  - Is a course appropriate right now for me?
- **Step Three:** Choose your next step
  - Therapy interventions
  - The Healing Codependency Self-study System: [Enroll now](#)
  - Other resources identified
- **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](#)
- **Recordings are here:**
  - [Video & MP3](#)
  - Don't have access?
    - Purchase the recordings here: [Recordings](#)



## Step One: Application Practice

STEPS	EXPERIENCES
<p><b>DAILY REGULATION</b></p> <p>Practice this daily.</p> <p>Here's the guide: <a href="#">The Daily Regulation Practice Guide</a></p>	
<p><b>INNATE LEGITIMACY PRACTICE: LEGITIMACY OF REACTIONS</b></p> <p>Practice daily. Here's the tool:</p> <p><a href="#">"Self-Trust Tool #1: Restoring Trust In The Legitimacy Of Your Reactions" MP3</a></p>	
<p><b>NATURAL COMPLETENESS PRACTICE: RETRIEVE INNATE VALUE</b></p> <p>Practice when you feel you are seeking approval, validation, worth through another person.</p> <p>Here's the tools:</p> <ul style="list-style-type: none"> <li>▪ <b>Version One:</b> <a href="#">Value Retrieval Guide MP3</a></li> <li>▪ <b>Version Two:</b> <a href="#">Value Retrieval Guide V2 MP3</a></li> <li>▪ <b>Version Three:</b> <a href="#">Value Retrieval Guide V3 MP3</a></li> </ul> <p><b>Version Four:</b> <a href="#">Value Retrieval Guide V4 MP3</a></p>	
<p><b>CONGRUENCE PRACTICE: A-L-I YOUR EMOTIONS AND/OR LIVED EXPERIENCE</b></p> <p>Practice this throughout your week as needed.</p> <p>Here's the ALI Guide: <a href="#">ALI Guide</a></p>	



## Step Two: What Do I Need Next In My Journey?

You've likely discovered some clarity regarding your journey beyond codependency. Use the questions below to help bring that clarity to the forefront. This can help you outline your path forward in your well-being, happiness, and fulfillment post-codependency.

Here's the areas you'll be exploring:

- **Resource Assessment**
  - This section helps you see what resources you have currently and what you need or want to add to your support and care routine
  - Starts on the next page
- **What Did You Discover?**
  - This section explores what you discovered during the workshop; this will guide you in seeking out what you need most in your healing and journey
- **Is A Course Appropriate For Me Right Now?**
  - This section helps you determine if taking a course (from me or anyone else) is the appropriate path for you. This is achieved by determining your needs and how a course can contribute to those needs effectively.
  - **Note:** I recommend having a personal therapist and support community along with any course you take from me or anyone else in self-help or healing. This allows you to navigate what shows up for you effectively, as no course can do that effectively.





## RESOURCE ASSESSMENT

QUESTIONS	YOUR ANSWERS
<p><b>Do you have:</b></p> <ul style="list-style-type: none"> <li>• A therapist currently?</li> <li>• Support community:             <ul style="list-style-type: none"> <li>◦ Online</li> <li>◦ In real life</li> </ul> </li> <li>• Supportive friend or family?</li> <li>• Other support resources, including:             <ul style="list-style-type: none"> <li>◦ Skills for soothing distress, handling uncertainty, loneliness, stress, and success?</li> <li>◦ Items for soothing and for supporting play and care? (i.e. comfort items or activities, hobbies, activities that are fulfilling in some way)                 <ul style="list-style-type: none"> <li>▪ examples:                     <ul style="list-style-type: none"> <li>• stuffed animal</li> <li>• care routine</li> <li>• spiritual or physical practices for care/regulation</li> <li>• exercise</li> <li>• purpose/goals</li> </ul> </li> </ul> </li> <li>◦ Essentials, including:                 <ul style="list-style-type: none"> <li>▪ Stable housing</li> <li>▪ Access to money</li> <li>▪ Safety</li> </ul> </li> </ul> </li> </ul>	
<p><b>Therapist &amp; Support Communities:</b></p> <ul style="list-style-type: none"> <li>• If no, continue the search</li> <li>• If yes, discuss your discoveries &amp; receive supporting with them</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>• Outline what you have</li> <li>• Outline what you don't</li> <li>• Now you know what to focus on adding to your life</li> </ul>	<p><b>Optional Resources:</b></p> <ul style="list-style-type: none"> <li>• The Community (adds to your online support); join here: <a href="#">The Community</a></li> <li>• BE CALM system. Get it free here: <a href="#">BE CALM</a></li> <li>• Therapist Finder: <a href="#">Psychology Today</a></li> </ul>



## What Did You Discover?

QUESTIONS	YOUR ANSWERS
<p><b>Use these questions to outline your discoveries during the course.</b></p> <ul style="list-style-type: none"><li>• What was a prominent or repeating theme showing up for you? (examples: shame, doubt, fear)</li><li>• Did a trauma event come up in your memory?<ul style="list-style-type: none"><li>◦ How did you respond to that?</li><li>◦ How are you feeling currently?</li></ul></li><li>• Did you find yourself dissociating at any point during the workshop?<ul style="list-style-type: none"><li>◦ If so, how frequent was that happening?</li><li>◦ Dissociation is trauma talking; this signals a need for therapist and trauma healing</li><li>◦ With frequent dissociation, I recommend focusing on trauma work before courses</li></ul></li><li>• Did you feel overwhelmed?<ul style="list-style-type: none"><li>◦ What was overwhelming?</li><li>◦ What did you do to care for that?</li><li>◦ Was there a sense of pressure to keep or be perfect?</li></ul></li><li>• What are you curious about now?<ul style="list-style-type: none"><li>◦ What do you want to do or learn more about?</li></ul></li><li>• What clarity did you gain while attending the workshop?<ul style="list-style-type: none"><li>◦ What does that motivate you to do?</li></ul></li><li>• Did you experience higher or lower anxiety?</li><li>• Did you feel a shift in your sense of safety, well-being, or presence?</li><li>• Was there a big shift?<ul style="list-style-type: none"><li>◦ What was it? What direction does that point you in?</li></ul></li><li>• Was there a small shift?<ul style="list-style-type: none"><li>◦ What was it? What direction does that point you in?</li></ul></li><li>• What did you gain from the workshop?</li><li>• What was challenging for you?</li><li>• What would improve your experience?</li></ul>	



## Is A Course Appropriate For Me Right Now?

YES SIGNALS	NO SIGNALS
<p data-bbox="155 415 784 453">Attending one of my course is a good fit if:</p> <ul data-bbox="203 548 824 1493" style="list-style-type: none"><li data-bbox="203 548 824 667">• You have a therapist and support community or you are current seeking those out in your life</li><li data-bbox="203 678 824 758">• You are curious to learn more about what you learned in the workshop</li><li data-bbox="203 768 824 848">• You are willing to explore and discover outcomes and who you are</li><li data-bbox="203 858 824 978">• My teaching style, who I am, and my approach feels good and supportive to you</li><li data-bbox="203 989 824 1068">• The topic and focus of my available courses resonate or speak to you</li><li data-bbox="203 1079 824 1117">• Your body feels open to it</li><li data-bbox="203 1127 824 1283">• You are able to care for your emotions and regulate pain (include how well the tools worked in the workshop for your answer)</li><li data-bbox="203 1293 824 1413">• You can afford the investment without causing yourself serious stress about meeting your essential needs</li><li data-bbox="203 1423 824 1493">• The The Healing Codependency Self-study System: <a href="#">Enroll Here</a></li></ul> <p data-bbox="155 1587 800 1667"><b>Other factors may play a role. Check out those on the next page.</b></p>	<p data-bbox="836 415 1365 453">Consider focusing on 1:1 therapy if:</p> <ul data-bbox="883 548 1463 1451" style="list-style-type: none"><li data-bbox="883 548 1463 630">• You experience frequent dissociation, freeze, or collapse</li><li data-bbox="883 640 1463 760">• You are homeless or in a domestic violence situation; reach out to <a href="http://www.thehotline.org">www.thehotline.org</a> for assistance</li><li data-bbox="883 770 1463 850">• You have untreated bipolar or borderline personality</li><li data-bbox="883 861 1463 940">• You have very little time (competing commitments)</li><li data-bbox="883 951 1463 1071">• Financial investment puts your well-being in jeopardy or significantly increases stress</li><li data-bbox="883 1081 1463 1236">• You've just exited a toxic/abusive relationship; I recommend support groups (<a href="http://www.coda.org">www.coda.org</a>) and a therapist first</li><li data-bbox="883 1247 1463 1367">• My approach, personality, or energy doesn't resonate or feel safe to you</li><li data-bbox="883 1377 1463 1451">• You sense it isn't the right direction for you (trust your sense!)</li></ul>



## Sometimes we need to determine if there are other factors involved before joining a course and/or therapy.

Here are common factors that are involved with a student's ability to succeed in a course:

- **ADHD**
  - ADHD will make learning, focusing, and healing challenging until it is understood and managed
  - If you struggle with maintaining focus, keeping track of time, feeling easily overwhelmed by common tasks, looking into ADHD will be worth your time
  - Learn more about ADHD here: [Michael ADHD Coach](#)
  - Take this ADHD assessment for more info: [ADHD Assessment](#)
- **Neurodiversity**
  - There is a high level of autistic individuals that also wrestle with codependency and trauma from narcissistic and emotionally unavailable relationships
  - Learn more about Autism here to see if it something relevant to your journey: [Embrace Autism](#)
- **Trauma**
  - This will play a factor in any course work you do with me
  - Students that succeed the most are either looking for or are working with a therapist; they also have strong resources for caring for themselves
  - **Note:** my courses do not treat trauma directly. Tools and practices can help heal and ease trauma, but all trauma needs to be addressed in a personal, interactive relationship with a trauma therapist
- **Capacity**
  - Autoimmune responses to trauma tend to reduce capacity, making a course difficult to do
  - This is one reason ALL my courses are unlimited access and go-at-your-own-pace
  - Check in with your capacity and measure if you feel good taking this leap
  - Some courses depend on one's ability to resource, explore and take action
  - Sometimes we do not have that due to capabilities and limitations that show up
  - A course can feel heavy and discouraging due to this
    - I recommend exploring a combination curiosity and trust in your capacities



as you explore new practices; this can expand you beyond what you believe is possible for you while also not having to perform the way others do

- In other words, take the course at your pace and way and see what you discover

- **Specific teaching needs**

- Did my teaching style help or stress your nervous system?
  - If it stresses you, I am not a good fit at this time
- Did the information land and make sense?
  - If not, I am not a good fit for you at this time
- Did my pacing work for you?
  - Note: classes are weekly in live courses, not every day, so this could be a factor in your answer

- **Current situations**

- In a toxic relationships
- In a high stress chronic situations with children, spouse, work
- **If either of these are present, a course may help, but I recommend a therapist and community first. They are essential to your healing**



## Step Three: Choose Your Next Step

By now you have a sense for what is best for YOU going forward. This is an essential part of Self-Trust and healing: you trusting your sense of what is best for you next.

What is that for you?

Now, your job is to trust your sense – not to please me or anyone else. Please yourself, instead.

Here are the common next steps students take:

- Start private therapy or go deeper with their therapist on what they learned here
- Continue with therapy AND enroll in one of my courses
- Commit to a course with me
- Continue to research and explore for what they're seeking

Each of these are valid, reasonable, and important paths. Consider trusting a bit more your personal awareness for your next step.

**HEY, MARSHALL! I WANT TO WORK WITH YOU THROUGH THE HEALING CODEPENDENCY SELF-STUDY SYSTEM!**

Awesome! Get your seat here: [Enrollment Page](#)





## Conclusion

You've completed this edition of the Workshop!

Would you share with my your experience? You can do that here: [Share Your Experience](#)

Thank you for being my student and sharing your time with me.

To enroll, go here: [Enrollment](#)

Got questions? Need support? Contact us here:

- [experts@freetheself.com](mailto:experts@freetheself.com)
- Post in the [Community](#)
- Text or Call: 208.918.0907

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

*Marshall Burtcher*

Mentor in Thriving Beyond Codependency, Neglect, & Narcissistic Abuse

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