



A FREE THE SELF™ GUIDE

THE ORIGIN OF CODEPENDENCY & 6 HABITS WORKSHOP

THE WORKSHOP PRACTICE GUIDE

MARSHALL BURTCHER





Welcome To The Workshop!

THIS GUIDE WAS UPDATED: 9/28/2022 @2:10pm

This guide provides the practices mentioned in the workshop.

Remember you can get support:

- In [The Community](#)
- By hitting REPLY on any email from me

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

Click below to go to the section that you desire.

- [I-S-I Practice](#)
- [Decoding Your Impulses](#)
- [Regulation Practice](#)
- [Infographics](#)
- [Next Steps](#)



I-S-I Practice

Instructions:

- **Step One:** Describe the situation where you used one or more of the 6 habits
- **Step Two:** Use I-S-I Basic Practice
- **Step Three:** Outline what you discovered
- **CAPACITY CHECK:** Go slow with this. None of this needs to be completed NOW. Take your time. Follow your capacity.
- **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](#)

STEPS	RESULTS
<p>Step One: Identify Situation & Habit</p> <p>Describe the situation:</p> <ul style="list-style-type: none">• What was the circumstance?• What were they doing?• What were they saying?• What were you doing?• What were you saying?• What were you feeling?• How safe did you feel?• How safe did your connection to them feel?• How safe did your sense of value feel? <p>Which habits did you use:</p> <ul style="list-style-type: none">• people-pleasing• trying to be perfect• accommodating toxic behaviors• trying to earn worth or love• trying to fix or care-take• trying to merge <p>What outcome did this create?</p>	



Step Two: Apply The I-S-I General Practice

Use the MP3 here: [General I-S-I Practice](#)

Practice The Observation Practice: [The MP3](#)

Or do these steps:

- Step One: Pause, Acknowledge, and Observe your experience
 - What were you feeling in your body?
 - What were you thinking?
 - What were your fears?
 - What were your desires or hopes?
- Step Two: Soothe
 - Do the regulation practices here: [DRP](#)
 - Ask yourself this question, "What shifts if I trust, just a bit, that my lived experience is real and valid regardless of how they feel?"
 - What do you experience here?
- Step Three: Intervene
 - What do you need to feel safer:
 - In this situation?
 - With this person?
 - What do you need to feel safely connected:
 - With this person?
 - With yourself?
 - What shifts when you trust that your value is independent of:
 - this person?
 - this situation?



Step Three: Intervene

What have you learned about your:

- What nurtures your sense of safety?
- What nurtures your sense of connection?
- What nurtures your sense of worth?

What needs to change in:

- Your choices and actions?
- In your relationships?
- In how you see yourself?

What actions will you be taking based on these discoveries?

This is your next steps in your healing work.



Decode Your Codependent Impulses

QUESTIONS	ANSWERS
<p>PEOPLE-PLEASING</p> <p>When you want to people-please, what:</p> <ul style="list-style-type: none">• Sensations does your body give you?<ul style="list-style-type: none">◦ Examples: urge to please, a pressure to say yes, a sense of responsibility for their happiness or pain, etc• Thoughts do you start to have?<ul style="list-style-type: none">◦ Examples: I wonder if they'll like me if I do this? Or I know just what they really need• Kind of fantasies show up?<ul style="list-style-type: none">◦ Examples: they'll like me if I do this for them; they'll notice me; she'll love me/want to date me;• Behaviors do you do?<ul style="list-style-type: none">◦ Examples: I do what I think will make them happy without asking; I put myself into their problems; I say yes without checking in with myself; I commit myself to things I do not like• Is the impact on you?<ul style="list-style-type: none">◦ Example: I feel burned out; I feel shame; I feel small; I feel unwanted; I am scared they don't really like me; I'm obligated to things I don't like; I have to deal with people that treat me poorly• What need were you trying to meet:<ul style="list-style-type: none">◦ Examples: attention, connection, feeling seen, valued, needed, wanted, feeling safe, play, intimacy, care, protection• What could you do next time to meet that need differently?<ul style="list-style-type: none">◦ Examples: Ask for what I want, share my feelings, say no, say yes, state a boundary, listen to my capacity, soothe my anxiety, go play, rest; regulate my nervous system using the Daily Regulation Practices	



PERFECTIONISM

When you want to be perfect, what:

- Sensations does your body give you?
 - Examples: anxiety about outcomes, tension in my stomach, headache
- Thoughts do you start to have?
 - Examples: Preoccupation with the outcome, with their behaviors, my behaviors, with possible problems and their consequences
- Kind of fantasies show up?
 - Examples: if I get it right, I'll be safe; they'll hate me if I mess up; I'll get yelled at for a mistake; I can control things and make people happy
- Behaviors do you do?
 - Examples: tell people what to do; try to be perfect in how I do things; try to force outcomes I want despite what is really happening; I violate my boundaries and those of others
- Is the impact on you?
 - Example: I feel lonely, scared, insecure; I feel trapped in an unsolvable puzzle of pleasing everyone and trying to be perfect; I constantly worry what will happen when I fail. I ruminate
- What need were you trying to meet:
 - Examples: attention, connection, feeling seen, valued, needed, wanted, feeling safe, play, intimacy, care, protection
- What could you do next time to meet that need differently?
 - Examples: respect boundaries, ask directly for what I want, get curious, let things happen as they will, let others do their thing, let consequences happen; regulate my discomfort



TOXIC ACCOMMODATION

When you accommodate toxic behavior, what:

- Sensations does your body give you?
 - Examples: I feel scared of the problem; I feel intense anxiety; I go blank in my thoughts; guilt for “thinking of them that way”; guilt for having a problem or concern or boundary; selfish
- Thoughts do you start to have?
 - Examples: this won't go well; they'll not love me; they'll be upset with me
- Kind of fantasies show up?
 - Examples: if I don't bring it up, they might not do it again; conflict makes me selfish
- Behaviors do you do?
 - Examples: brush off boundary violations; I apologize for things I shouldn't; I feel guilty for bringing up boundaries or concerns; timidly bring up concerns
- Is the impact on you?
 - Example: resentful, frustrated, unseen, unloved, scared, trapped
- What need were you trying to meet:
 - Examples: attention, connection, feeling seen, valued, needed, wanted, feeling safe, play, intimacy, care, protection
- What could you do next time to meet that need differently?
 - Examples: Ask for what I want, share my feelings, say no, say yes, state a boundary, listen to my capacity, soothe my anxiety, go play, rest; address the problem; regulate that using the [Daily Regulation Practices](#)



FIX OR CARE-TAKE

When you want to fix or care-take someone, what:

- Sensations does your body give you?
 - Examples: sense of responsibility for protecting their feelings; a fear of what will happen to me if I don't make it feel better; a sense of guilt for their pain; embarrassment for their behaviors
- Thoughts do you start to have?
 - Examples: I have to figure out how to fix that for them; what if they get angry and take it out on me? What if they blame me for it?
- Kind of fantasies show up?
 - Examples: that I can make them feel better and I can protect them, and when I do, they'll notice and change for me
- Behaviors do you do?
 - Examples: I apologize for them; I defend their behaviors; I talk others out of applying the consequence; I ignore my boundaries, capacities, desires and take on their emotions as my own; I neglect my life
- Is the impact on you?
 - Example: Burn out, resentment, shame for feeling burned out and resentful; empty, unseen, burdened, unlovable
- What need were you trying to meet:
 - Examples: attention, connection, feeling seen, valued, needed, wanted, feeling safe, play, intimacy, care, protection
- What could you do next time to meet that need differently?
 - Examples: let others deal with their problems, let them have their consequences, focus on my priorities, respect boundaries and adulthood, soothe my anxiety; grieve their choices; empathize; regulate my anxiety (DRP)



PROVING/EARNING LOVE

When you want to prove or earn love from someone, what:

- Sensations does your body give you?
 - Examples: an urgency to get their attention and do something I think they would really like; anxiety about what would happen if I didn't do that
- Thoughts do you start to have?
 - Examples: They won't love me if I don't do this; if I do this, they'll like me; I'm scared what it means if they don't love or like me
- Kind of fantasies show up?
 - Examples: that their love would make me feel safe, whole, lovable, and worthy; they'll notice me if I do a really good job; my worth is entirely dependent on my performance
- Behaviors do you do?
 - Examples: try to listen closely and figure out things they like, then give them those things or do those things; I would violate my own boundaries, spending time and money I didn't have to prove; I would also work extra hard to earn praise and try to be perfect and all-knowledgeable about a thing
- Is the impact on you?
 - Example: burn-out, resentment, anger, frustration at others not seeing me, feeling worthless when failure happened
- What need were you trying to meet:
 - Examples: attention, connection, feeling seen, valued, needed, wanted, feeling safe, play, intimacy, care, protection
- What could you do next time to meet that need differently?
 - Examples: praise and appreciate my efforts, start to value me as a person, share with others what I want and need; let them love me; practice soothing the nervous system through the [Daily Regulation Practices](#)



MERGING

When you want to merge with someone, what:

- Sensations does your body give you?
 - Examples: a craving for them to take me away; a melting into their space, dissolving into their energy
- Thoughts do you start to have?
 - Examples: I'm finally complete; I'm worthy and whole; they'll take care of me forever; there will be no more emptiness or problems or pain
- Kind of fantasies show up?
 - Examples: they are perfect; they make me whole; we have perfect love; they are my soul-mate; no one else can replace them; I need them
- Behaviors do you do?
 - Examples: say yes to anything they want; move in with them; blend finances; lots of sex; end other priorities and commitments; disrupt my desires and objectives
- Is the impact on you?
 - Example: devastation to my sense of self; loss of my physical, financial, and emotional autonomy, safety, and clarity; emptiness and feeling discarded and not-real when they withdraw from me
- What need were you trying to meet:
 - Examples: attention, connection, feeling seen, valued, needed, wanted, feeling safe, play, intimacy, care, protection
- What could you do next time to meet that need differently?
 - Examples: get myself to a safe space; regulate my anxiety and euphoria; check in with reality; identify what I need and start caring for myself in that need; allow others to nurture me;



The Regulation Practice

Learn how to use this practice here: [How To Regulate Daily Training](#)

Get the practice here: [The Daily Regulation Practice](#)



Infographics

Below I've included links to printable PDFs of quick-lists you can use to see different options for responding to life when you find your codependent habits activated.

- [People-pleasing vs Self-advocacy](#)
- [Perfectionism vs Discovery](#)
- [Toxic vs Healthy Accommodation](#)
- [Proving Worth vs Anchored Worth](#)
- [Need To Be Needed vs Being Loved](#)
- [Fixing vs Helping](#)
- [Enmeshment vs Connection \(merging\)](#)



Next Steps

You've completed this Decoding Codependency workshop!

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

Enroll in the 5-Day Codependency Healing Workshop Here: [Start The Workshop](#)

Got questions? Need support? Contact us here:

- 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

Phone: 208.918.0907

Web: <http://www.freetheself.com/>

Facebook: <http://facebook.freetheself.com/>

Community: <http://community.freetheself.com/>

YouTube: <http://tv.freetheself.com/>



Limits of Liability / Disclaimer of Warranty

The Authors and Publishers of this information book have made their best effort to provide a high-quality, informative book. No representations or warranties of any kind are made with regard to the accuracy, applicability, fitness or completeness of the contents of this book.

The Authors and Publishers accept no liability of any kind for any losses or damages caused, or alleged to be caused, directly or indirectly, from using the information contained in this book.

The Authors and Publishers disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose.

As always, the advice of a competent, legal, accounting or other professional should be sought. The Authors and Publishers do not warrant the performance, effectiveness, or applicability of any sites listed in this book. All links are for information purposes only and are not warranted for content, accuracy, or any other implied or explicit purpose.

No part of this publication may be stored in a retrieval system, transmitted or reproduced in any way without the prior agreement and *written permission from the Publisher.*