

A FREE THE SELF™ GUIDE

THE HOW TO HEAL CODEPENDENCY PERMANENTLY WORKSHOP

THE WORKSHOP GUIDE

MARSHALL BURTCHER





Welcome To The Workshop!

THIS GUIDE WAS UPDATED: 07/18/2022 @3:37pm

This guide gives you the progress map for applying the 8 Factors to your healing work. Use it in tandem with your therapy, self-help, and any course you take.

Remember you can get support:

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

Thank you for attending the workshop! 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.

- [The Tracking Your Progress Map](#)
- [Enrollment Steps](#)



THE TRACKING PROGRESS MAP

Instructions: Use the sections below to identify and track resources, progress, discoveries, and challenges in each of the 8 Factors.

PILLARS	NOTES ON PROGRESS
<p>Pillar One: Safety First</p> <p>What this is: We cultivate a growing sense of “safe enoughness” that helps you take on the work. This safety is cultivated in three areas: physical safety, emotional safety, and relationship safety.</p> <p>Why it is crucial: Without a growing sense of safety in your body, relationships, and world, your nervous system and body will not allow you to grow beyond codependent behaviors. Making it just a bit safer to grow allows your body to take risks needed to experience new outcomes with new tools and adapt to the changes those create.</p> <p>Specific concepts to focus on:</p> <ul style="list-style-type: none">• Physical Safety: This is the environment, including access to shelter, food, water, and money• Emotional Safety: This involves being able to feel emotions, regulate distress, share emotions, and witness emotions of others. One feels safe enough to feel what they do, care for it, and share it as needed. Slow, gentle, and capacity-oriented action is priority• Relational Safety: This involves how safe a person feels with the others in their world. This includes how safe conflict, intimacy, play, and companionship feel, along with attachment security, trust, and respect. Relationships are built slowly, based on experience, not fantasy or hope	



Specific milestones to watch for:

- Be able to identify and soothe anxiety, panic, and distress
- Be able to regulate emotions and attachment pain
- Be able to legitimize and believe your emotions and lived experience without doubt
- Be able to identify safe persons and safe resources that add to your well-being
- Be able to acquire or take action towards acquiring needed resources
- Be able to say yes and no without big anxiety or distress
- Going slower, identifying one's capacities, and respecting them



Pillar Two: Loyalty to Reality

What this is: Sanity is about your sense of reality. You are connected to and actively acknowledging the legitimacy of your lived experience, acknowledging what actually happened, and embracing that reality (aka sobriety) based on facts, not fantasy, hope, or promises.

Why it is crucial: Healing depends on believing that your lived experiences, emotions, needs, wants, and hurts are innately real and valid. This orients you to your senses and personal clarity. Without this, you do not know what you need, what you feel, what boundaries are needed, who to choose as friends and partners, and what path and purpose to follow in life.

Specific concepts to focus on:

- Fantasy Deconstruction: This involves identifying one's fantasies about the relationships, life, others, and self, the need they're trying to meet, and then "popping" them
- Reality Construction: Identify what is real based on the facts involved in situations, patterns of behaviors, impacts, and results, and accept that reality while caring for the needs and emotions that arise
- Innate Legitimacy: Respond to and acknowledge that your lived experiences, feelings, needs, wants, and person are real and valid and do not require endorsement from others to be real and valid
- Sobriety: Commitment to seeing reality for what it is based on the patterns of behaviors, impacts, and results happening and act appropriately on your behalf from there

Specific milestones to watch for:

- Be able to identify and dissolve codependent fantasies you have



- Be able to acknowledge reality, accept it, and respond to it appropriately
- Be able to care for the anxiety, anger and grief that emerge in this process
- Be able to maintain sobriety despite cost
- Be able to care for self in a relapse



Factor Three: Be Sovereign

What this is: Sovereignty is the expression of your individual self through personal power, autonomy, and authority. This is where you discover, embrace, and integrate your innate ability to act for yourself on your behalf, become individualized from others, and embrace fundamental boundaries.

Why it is crucial: Sovereignty restores you to your natural power and to your individuality. This gives you power to regain your ability to change your life, define yourself, and establish your priorities, boundaries, and values. Everything you desire depends on you knowing and operating from your power and sovereignty. This ends people-pleasing, perfectionism, and trying to earn worth.

Specific concepts to focus on:

- **Personal Autonomy:** This involves understanding that you born with natural wholeness and completeness that is not derived from others or other “authorities” in your life
- **Personal Authority & Power:** This is about understanding, identifying, and properly utilizing your authority and power for your behalf, along with respecting those same elements in others
- **Congruence:** This involves the use of your personal power, how it aligns with your intention, reality, and your inherent worth. When things are not congruent, you outcomes that do not work for you. When congruent, you get honesty, clarity, and often, success.
- **Natural Completeness:** This is about connecting to, trusting, and learning to understand your innate wholeness and how no one and no thing adds to or takes away your wholeness



Specific milestones to watch for:

- Be able to identify, access and use your personal power on your behalf despite potential consequences of rejection, criticism, disappointing others, etc
- Embrace the outcomes you create with your personal power and use them to improve your skills and expertise in getting what you want
- Acknowledge the power and autonomy of others, let them use it their way and inherent the consequences they create from themselves (aka, no more fixing)
- Embrace how you actually feel about things and not shape-shift emotionally to avoid upsetting or disappointing others
- Be sober with intent and forge choice and action that creates intent more deliberately
- Identify what is and isn't your responsibility and respect it



Pillar Four: Trust Yourself First

What this is: Confidence in the legitimacy of your senses, lived experiences, emotions, needs, and wants, as well as confidence in your ability to act on your own behalf.

Why it is crucial: Self-trust eliminates the codependent habit of seeking validation outside one's self, prevents manipulation and gaslighting from working, and empowers peace and personal power.

Specific concepts to focus on:

- **Innate Legitimacy:** Building trust in and experience with the inherent validity of your being, feelings, nature, worth, lived experiences, senses, and so forth
- **Natural Completeness:** Connecting to, experiencing, and trusting the natural wholeness you are born as and learning how to live from it and how it works
- **Congruent Action:** Creating alignment in your behaviors, specifically aligning your choices and actions with reality, your intention, and your innate, indomitable worth

Specific milestones to watch for:

- Believing one's experience despite others saying different or seeing things differently
- Trusting your yes or no being right for you despite others being upset or disappointed
- Seeking guidance within yourself first before seeking outside guidance
- More endorsement of the validity and value of your feelings, wants, needs, and lived experience rather than doubt, questioning, or putting them down
- Less justification of worth, desires, feelings, wants, and needs and more question-less embodiment



Pillar Five: Know Yourself First

What this is: This is about understanding your nature as a person, what you like, don't like, boundaries, values, preferences, rhythms, capacities, and more.

Why it is crucial: When we do not know ourselves, we will seek others to define us, giving them profound power over us. Knowing ourselves helps us create safe, healthy relationships, resources, and purposes in our lives.

Specific concepts to focus on:

- Identity & Programming: This involves understanding the nature of your identity, identifying your programming, and tapping into your ability to evolve who you are based on your values and desires
- True Voice: This is about being able to hear YOUR voice, your wisdom and discern it from the shoulds, have to's, and musts other people have told you to value or trust. This involves being able to sense into body and hear your own perspective, trust it, and follow it

Specific milestones to watch for:

- Detect programming in your thinking and behaviors, interrupt it, and determine a responsive course of action
- Being able to sense into your own view of things and follow it
- Being able to detect your own yes and no, trust it, and follow it
- Slowing down and taking time to process decisions and options before acting
- Choose who you want to be rather than live in reaction
- Identifying and caring for your capacities and rhythms



Pillar Six: Love Yourself First

What this is: This is about undoing the impact of transactional worth, connecting to real worth, and nurturing real warmth and care towards YOU.

Why it is crucial: We're raised to believe our value is conditional and dependent on others. This reverses this programming, empowering you to have boundaries, take action on desires, stand up for yourself, and be your own person.

Specific concepts to focus on:

- **Transaction Value:** This involves understanding what transactions value is, where it works best, how to identify it, and begin de-tangling your real worth from it
- **Innate Value/Indomitable Worth:** This is about understanding, experiencing, liberating, and embodying your real worth throughout your life

Specific milestones to watch for:

- Experiencing your worth despite the disappointment or rejection from others
- Seeing where you're being transactional with yourself or others, or how they're being that way with you
- Identify and retrieve your worth from other people's approval, rejection, and feelings
- Tune into and embody your worth without any need for permission or conditions
- Keep your worth despite approval, success, failure, or rejection



Pillar Seven: Be Yourself First

What this is: This is about how you embody and express yourself in the world. It is how you LIVE who you are.

Why it is crucial: This reshapes how you interact with people, places, and things. Your sense of fulfillment, connection, being seen and known depends on how you show up as you.

Specific concepts to focus on:

- **Embodiment:** This involves moving from knowing yourself to deeply living from your Innate, Indomitable Worth through your awareness, senses, and intuitions. You're no longer analyzing. You're listening and responding to your own senses, intuitions, and acting based on your worth and guiding principles
- **Expression:** This is about how you act, what you choose, and how you do what you do. This is the expression of who you want to be
- **Congruence:** This involves ensuring your expression is aligned with your embodied sense of "who you want to be" and that your intent and outcomes are aligned

Specific milestones to watch for:

- Sharing yourself on your terms and letting others do what they do
- Allowing yourself to be received, loved, and valued by others
- Understanding your priorities and taking action on them consistently
- Navigating rejection, approval, and other people's perspectives while keeping your worth, value, and orientation to yourself
- Deliberate, direct action towards outcomes and results you desire and value in your life
- Letting rejection and acceptance happen on their own



Factor Eight: Engage Connection

What this is: This is all about compatible, healthy relationships with others, yourself, money, purpose, life. This involves knowing how to identify compatibility and how to navigate building a relationship of any type.

Why it is crucial: We've learned to tolerate unhealthy, incompatible relationships. This factor helps you end that pattern and start enjoying loving, warm relationships built on care, compatibility, and trust, ending the cycle of abuse and neglect.

Specific concepts to focus on:

- **Compatibility:** This involves understanding HOW a person works and if that fits with HOW you work. Included is how trust operates, personal value systems, building on consent and privilege, and honesty
- **Communication:** This is about how you and others involve work to comprehend each other's needs, wants, and feelings so honest change and commitments can result
- **Conflict:** This is about how you use conflict to build comprehension, intimacy, and safety
- **Attachment:** This involves understanding one's needs, how they work, and how to navigate both emotional closeness and space in the relationship
- **Navigation of Relationship:** This is about the stages of relationship and how they evolve and grow over time

Specific milestones to watch for:

- Identifying trustworthy people
- Identifying compatibility and incompatibility in people, places, and things based on your values and experience
- Sharing complaints and concerns kindly and



directly

- Taking space when you need it and leaning into closeness too
- Establishment of a relationship or friendship
- Ending a relationship or friendship if necessary
- Discovery of outcomes and commitments rather than trying to control it
- Knowing your values and identifying compatibility or incompatibility there
- Accepting who they are even when it means it ends the relationship
- Nurturing secure attachment through building tolerance of closeness and space and navigating those needs with open, clear communication
- Navigation of conflict without attacks, projections, accusations – but with care, curiosity, openness, and kindness
- More relaxed play, sharing, asking, and reciprocation



Next Steps

You now have the road map for freedom from codependency and building well-being and happiness into your daily life. If you want my help with implementing these 8 Pillars of Personhood in your daily life, enroll in the Heal Your Codependency Membership here: [Enroll Now](#)

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

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 Healing Codependency

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*.