

# Welcome To The How You Heal Codependency Permanently Workshop!



# **A Question In 3 Forms:**

**What Will Healing Codependency  
Give You?**

**What Will Happen When It Is  
Healed?**

**What Will Become Available To  
You?**



# Workshop Targets

- Workshop rules
- Regulation
- How codependency is created
- What codependency is trying to do
- How to heal it - permanently
- Your next step



**This Workshop Will Take  
About 2 Hours**



# Before We Begin, Some Rules For Live Class...



# Rules For Live Class

- Please do not share details about your trauma in class
- Please do not contact other students or participants privately; ask permission first via public message in the chat; if they accept, you're good to go
- Support is available in The Community
- Take your time with what you're learning. Let it sink in. Process it and allow it to guide you



**Feel Free To Ask Questions  
Relevant To The Class Topic.**

**Save Personal Shares For The Q&A  
At The End Of Class.**



# We Will Regulate Throughout The Class





# Here's How That Works



# A Bit About Me...





# Codependency Was My Life



# People-pleasing Was Love



# Perfectionism Was Success



# Fixing And Rescuing Was Connection



# Proving My Worth Was My Self-Esteem



# I Did This For 30 Years





# In 2012, I Broke Free After A Bad Breakup



# **I Saw How My Childhood Of Emotional Neglect, And Narcissistic, Physical, Emotional, And Psychological Abuse Had Shaped My Life**



# I Saw How Therapy Taught Me To Cope, But Not How To Heal



**And I Saw How  
Codependency Wasn't The  
Disease, Addiction, Or Identity  
I Was Taught That It Was**



# And I Started To See How To Heal It



# This Brings Us To Today



# **To Know How Heal Your Codependency, You Need The Answer To Three Specific Questions:**



# The Three Questions:

- What is the real cause of codependency?
- What is codependency trying to do for me?
- How can I achieve that without codependency?





# Let's Discover The Answers Together



**Let's Get Started With The  
First Question:**

**What Is Codependency?**



# You Are Not Designed To Tolerate Unsafe, Chaotic Relationships



**When You Are Exposed To  
Chronically Unsafe  
Relationships, This Is Scary  
And Threatening To Your  
Survival**



**This Causes The Body To Try  
To Protect You From More  
Abuse, Neglect, And Harm**



**The Body Has Four Options  
To Achieve This:**

**It Can Fight, Flight, Freeze, or  
Fawn**



# Let's Look At Each Response



# Fight





# Your Brain On Fight



- You fight when your brain believes it can neutralize the threat that way
- You experience the impulse to attack, to argue, to confront; heart rate goes up, muscles are tense, vision is narrow
- If the threat is neutralized, the body will begin to relax and come down from the intense focus; crying, shaking, laughter are common. A sense of safety is restored
- **Unhealthy Fight Examples:** physical violence in non-physical conflict, verbal and emotional abuse, retaliation, revenge, harming others
- **Healthy Fight Examples:** assertiveness, proactive confrontation of problems, boundaries, healthy aggression when necessary



# Flight



# Your Brain On Flight

- The brain determines it can escape and outwit the threat
- Running, escaping, dodging, eluding the threat become the primary actions
- Once the threat is escaped and the brain sees it has safety, it relaxes, rests, and resumes creativity, play, eating, sleep, etc.
- **Unhealthy Flight Examples:** avoiding consequences, problems, pain, emotions, self
- **Healthy Flight Examples:** leaving toxic, hurtful or threatening situations, people, relationships; disengaging when capacity is maxed out; physically running



# Freeze



# Your Brain On Freeze

- The brain determines it can't escape or defeat the threat at the moment (this is called the immobility response)
- Muscles tense and lock; breathing goes very shallow or stops; shaking often begins; the mind is hyper-vigilant to what is going on
- Once the threat has moved on, the body decompresses, expands, breathing resumes, and mind clears; crying, shaking, screaming, running are often part of the decompression
- **Interferent Freeze:** Procrastination, depression, emotional numbness, dissociation, chronic tension
- **Operational Freeze:** Tense till threat passes, then decompresses and resumes; may involve some laughter or crying



# Fawn



# Your Brain On Fawn



- The brain determines it can survive by being appealing to the threat
- Muscles enter a cycle of relax-then-tense-then-relax, breathing will be intermittently relaxed then tense
- Brain becomes fixated on other person, anticipating what they'll do and how to regulate/please that person
- One feels love feelings and affection towards the threat, especially after conflict or release of stress when they love-bomb
- Fawning perpetuates itself as the threat is never satisfied, consistent, or reliable; chaos keeps the brain in the fawn state
- **Fawning Behavior shows up as...**



# Fawning Shows Up As...

- **Habit One:** People-pleasing
- **Habit Two:** Perfectionism
- **Habit Three:** Toxic Accommodation
- **Habit Four:** Fixing and Care-taking
- **Habit Five:** Earning Worth
- **Habit Six:** Merging (trying to blend with another)





# Also Known As Codependency



**Basically, Codependency A  
Strategy Your Body Used So It  
Could Survive Unsafe,  
Chaotic Relationships**



# This Is Why Codependency Is NOT:



# Codependency Is NOT:

- Part of your true self or identity
- A disease to cope with
- A shameful flaw in your person
- A permanent thing to live with



**This Brings You To The  
Answer For Question One,  
“What Is The Real Cause Of  
Codependency?:**

**Codependency Is Caused By  
Your Body’s Fawn Response**



# **This Is Why Therapy And Common Self-Help Resources Often Fail To Heal Codependency**



# They Treat Codependency As The Cause When It Is The Symptom



**Healing Codependency  
Requires That You Know  
What This Fawning Is Trying  
To Do For You**





**This Brings Us To The Second  
Question:**

**What Is Codependency Trying  
To Do For Me?**



# You Are Born Into The World With Three Core Needs



# I Call These 3 Core Needs “The Three Necessities”



# The 3 Necessities

- Safety
- Connection
- Worth



**Let's Look At Each Of Them**



# Necessity One: Safety



# Necessity One: Safety

There are 3 types of safety you have. They all depend on each other. Here they are:

- **Physical Safety:** This is physical shelter, safe surroundings, access to food, water, money, ability to care for and defend self, and how people behave
- **Emotional Safety:** This is how safe you feel with your emotions, how safe you feel sharing what you feel, receiving and witnessing emotions from others
- **Relational Safety:** This is how safe you feel with the people in your life; how safe it feels to share feelings, wants, needs, boundaries, opinions; how safe it feels to contribute to their life



# Necessity Two: Connection



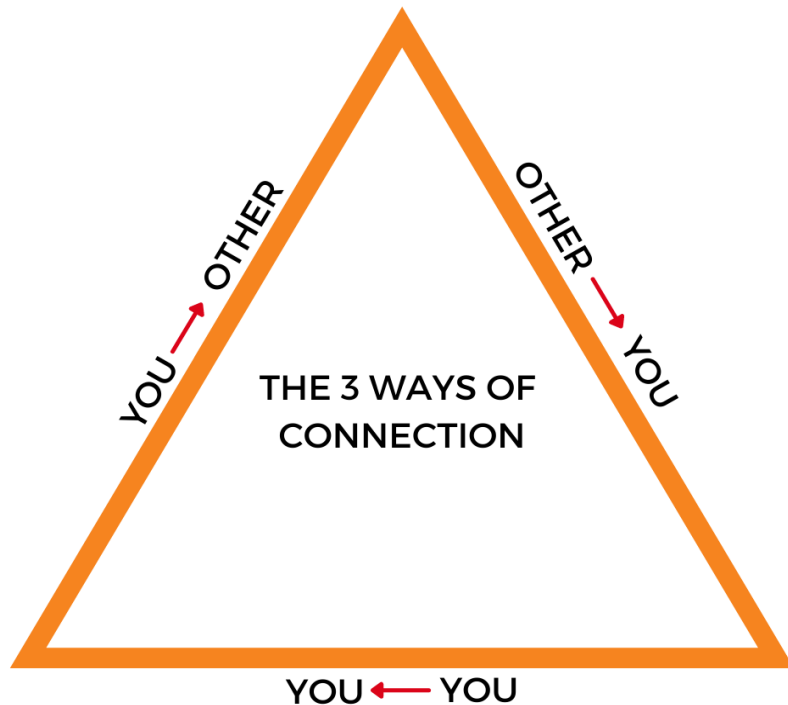


# Necessity Two: Connection

You experience connection in 3 ways. Each are necessary for healthy, felt-sense experience of being connected and belonging.

FTS MAP

TRIANGLE OF CONNECTION



- **You-to-You Connection:** This is how you relate to yourself and how you feel connected to your sense of self, being real, and taking up space
- **You-to-Others:** This is how you connect with others. This is how you ask for needs and wants, share feelings, outline desires, set boundaries, and build connection. It is also how you respond to their feelings, wants, needs, boundaries, and so forth
- **Others-to-You:** This is how others relate to you, including how they share their needs & wants, boundaries, desires. It is also how they respond to your needs, wants, feelings, boundaries, and so forth



# **Necessity Three: Worth**



# Necessity Three: Worth

Worth is how you perceive your value as a human being. This includes:

- **Your Self Concept:** This is who you think you are, or your “identity”. It is largely a result of programming from patterns of how you’ve been treated and the conclusions you came to from those experiences.
- **Your Sense of Value:** This is the dominant emotional sense of worth you feel when you think about yourself. You trust and rely on this to determine your place in the world, what you deserve, and how you show up. This is often called your “self-esteem”.
- **What You Believe Others Feel About You:** This is what you believe others think and feel about you as a person. It is sometimes called, “Social self-worth”.



# The 3 Necessities Affect Every Area Of Your Life, Including:



# Including...

- How you show up in friendships
- How you show up in romantic relationships
- How you show up in your work or business
- How you try to get your needs met
- How you pursue your wants and desires
- How you communicate with yourself and others
- How you manage your boundaries
- How you play in your life
- The purpose and direction you choose for your life



**When These 3 Necessities Are  
Nurtured Consistently, You  
Grow Into Your Adult Self**



# Attributes Of The Adult Self

- Confident in your abilities to care for yourself
- Secure in your sense of worth as a person
- Able to build and navigate secure bonds
- Know what you like, want, and need in your life
- Able to understand what others like, want, and need in their lives and if you can and want to contribute to that
- Able to handle conflict constructively and communicate clearly and kindly
- Able to soothe and care for your pain and nurture your joy
- Have a stable sense of who you are and who you want to be



**But In Unsafe, Unhealthy  
Relationships, These Are  
Neglected, Attacked, Shamed,  
Discarded, Ignored...**





# Causing Deep Feelings Of Danger In Being Yourself



**This Activated The Fawn  
Response, And It Started  
Creating Codependent  
Behaviors To Meet Your Need  
For Safety, Connection, and  
Worth**



**This Brings You To The Answer To  
Question Two, “What Is  
Codependency Trying To Do For  
You?”:**

**Codependency Is Trying To Create  
Safety, Connection, And Worth In  
Your Life By Prioritizing Others At  
The Cost Of Your Well-Being**



**But Due To The Nature Of  
Codependency Being A  
Coping Strategy, This Will  
Consistently Fail**



# This Is Why You Need A New Strategy



**This Brings Us To The Third  
Question:**

**How Can I Create Safety,  
Connection And Worth  
Without Codependency?**



# Codependency Has Become How You Relate To And View Yourself, Others, And The World



**Now Your Work Is To  
Discover, Experience, And  
Integrate A New Strategy And  
View Of Yourself, Others, And  
The World**





# **This Is What It Means To “Heal Codependency”**



**I Call This New Approach “The  
Well-being Strategy”**



# The Well-Being Strategy



**The Well-Being Strategy  
Creates A Framework That  
Celebrates Your Inherent  
Worthiness, Value, And  
Person**



**This Strategy Uses Eight Pillars To Create, Increase, And Sustain A Daily Life Of Expanding Freedom, Peace, And Belonging**



**Those Pillars Are:**



# The 8 Pillars Of Personhood

- 1) Safety First
- 2) Loyalty To Reality
- 3) Be Sovereign
- 4) Trust Yourself First
- 5) Know Yourself First
- 6) Love Yourself First
- 7) Be Yourself First
- 8) Engage Connection



# Let's Look At Each





# **Pillar One: Real Safety**



# Pillar One: Real Safety

- **What this is:** We cultivate a growing sense of “safe enoughness” that helps you take on the work of being who you are and having safe, fulfilling relationships and purpose in life. This safety is cultivated in three areas: physical safety, emotional safety, and relationship safety
- **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



# **Factor Two: Loyalty To Reality**



# Pillar Two: Loyalty To Reality

- **What this is:** Loyalty to Reality is you identifying and responding to reality. You're able to identify fantasies you have, neutralize them, turn towards reality, embrace it, and bring in care for yourself as you navigate it. 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



# **Pillar Three: Be Sovereign**



# Pillar 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 is your natural personhood realized. You are embodied in 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



# **Pillar Four: Trust Yourself First**



# 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. Loyalty to self.
- **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. You are able to rely on yourself more than others and believe yourself despite what they feel or see





# **Pillar Five: Know Yourself First**



# Pillar Five: Know Yourself First

- **What this is:** This is about understanding your nature as a person, what you like, don't like, boundaries, guiding principles, 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



# **Pillar Six: Love Yourself First**



# Pillar Six: Love Yourself First

- **What this is:** This is about undoing the impact of transactional worth, connecting to real worth, and nurturing deep connection with that real worth, resulting in organic confidence, 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



# **Pillar Seven: Be Yourself First**



# 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. Your goals, achievements, purpose, and work are defined in this space



# **Pillar Eight: Engage Connection**



# Eight Eight: Engage Connection

- **What this is:** This is about creating connections, friendships, relationships, belonging, and community in your daily life, along with purpose and direction for your life
- **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





**Your 3 Necessities Of Safety,  
Connection, And Worth Are  
Fulfilled Sustainably When  
These Eight Pillars Are  
Functioning In Your Daily Life**



**And This Empowers You To  
Achieve The Outcomes You  
Are Seeking In Your Life**



# This Is The Work



# Easier Said Than Done, Right?



# Making This A Real Thing In Your Daily Life Is Work



**But For Many, There's A  
Struggle Of:**



# A Struggle Of:

- Not knowing if you have the right knowledge or tools
- Not knowing the order in which to do it
- Not having the right support that understands the journey and can help you navigate it
- Not being able to see progress and understand it



# This Was Me





# **In My Efforts, I Discovered I Needed 4 Specific Elements To Succeed**



**Those Are:**



# The 4 Elements Of Success

- **The Right Knowledge:** Successful healing depends on having the right knowledge in place in the right order. This structure helps the mind and body feel safer to do the work and start seeing results
- **The Right Tools:** Getting results without unnecessary pain, frustration, or confusion happens when you have the right tools for the challenge you're facing or the outcome you're working towards
- **The Right Support:** Being guided in how to apply the knowledge and tools requires a guide that has done it themselves and a community where you are seen, celebrated, and guided as you do the work
- **The Right Order:** All healing and growth requires structure and an effective order to follow. Without this, you will get a lot of start-and-stop in your healing, leading to frustration and discouragement



**Over The Course Of 10 Years,  
I Experimented And Tested  
Different Ways Of Helping  
Students And Myself Heal And  
Thrive Beyond Codependency**



**This Lead Me To Creating A  
Resource That Has The Right  
Knowledge, Right Tools, Right  
Support, In The Right Order**



# I Call It...





# THE HEAL YOUR CODEPENDENCY MEMBERSHIP

A FREE THE SELF™ SOLUTION



HOW TO HEAL CODEPENDENCY WORKSHOP



**This Membership Provides You  
With The Right Knowledge,  
Right Tools, Right Support, In  
The Right Order So You  
Succeed In Living The 8 Pillars  
Of Freedom**





**Here's How:**



# The Codependency Healing System



**Knowledge & Right Order Guides in you deeply healing your codependency by restoring deep emotional safety, sanity, personal power, your indomitable worth, and healthy, safe relationships in your life**

- **Topics addressed:** Healing attachment injury, emotional safety, breaking free of fantasy, creating sobriety, nurturing real power, building resilient boundaries, nurturing your 10 core needs, building play into life again, building healthy friendships and relationships, and knowing, being and loving who you are
- **Total trainings:** 40+. 36 live, 4+ pre-recorded
- **Live Training Start Date:** Monday, August 14, 11am Mountain Time
- **Live attendance is not required for success**



# The Actually Heal Trainings



**Knowledge, Right Order, Tools**  
Guides you in creating real healing through the reduction of pain, cultivation of safety, and nurturing curiosity, inquiry, and care in how you relate to yourself, your pain, and your needs

- **Topics addressed:** The Fixing Trap, nurturing safe-enoughness for healing, processing emotional pain, hearing what you need, using your capacity to direct your well-being, shifting from meaning to experience in how you interpret your pain and lived experiences, and processing emotions and pain effectively
- **Total trainings:** 8 trainings with ongoing twice-a-month processing sessions
- Taught live several times a year
- **Attendance is not required for success**



# The Practice Sessions



## THE PRACTICE SESSIONS

A FREE THE SELF™ SOLUTION

### Tools & Support

Practice the tools, concepts, and practices live with Marshall in a group format. This allows you to get quick mastery of the skills and tools, accelerating your healing and well-being

- **Focus:** We practice a specific tool, concept, or practice together for 30 minutes. Between 1 and 2 tools, concepts, or practices per session.
- **Class Time:** Sundays at 7pm Mountain Time **twice a month**
- Class is recorded and updated to the Learning System later that night
- **Attendance is not required for success**



# The Directed Emotion Processing Sessions



## THE DIRECTED EMOTION PROCESSING SESSIONS

### Tools & Support

Practice processing and soothing the pain and hurts that come up during your work. These sessions implement what you learn in the **Actually Heal Trainings**

- **Focus:** We practice processing an impulse or emotion for 10-20 minutes. You must have completed the Actually Heal Trainings to attend these sessions.
- **Topics Included:** Occasionally we'll do a process on a specific topic, like the discomfort of saying no. You'll be notified via email about the topic.
- **Class Time:** Sundays at 7pm Mountain Time **twice a month**
- Only the processing session is recorded and uploaded
- **Attendance is not required for success**



# The Specialized Focus Trainings



## Knowledge & Order

These trainings take you deeper on the concepts you're learning in the Codependency Healing System and Actually Heal Trainings, cultivating more healing and more well-being in your daily life

- **Topics:** Disengaging the fawn response, healing the trauma bond, embodying your power, releasing significance, and more
- **Special Request Option:** You can request a class designed on a topic you are working with or struggling with
- **Class Time:** Mondays at 7pm Mountain Time. They are scheduled when available.
- Recordings are released later that evening
- **Attendance is not required for success**



# The Support Calls



**Support & Guidance**  
These live group calls give you real-time support in your healing, your homework, and your daily life. We heal together

- **Homework Hours:** Tuesdays 5pm, Thursdays 10am Mountain Time. Get help with the homework or have a body-double as you do the homework with Marshall and other students
- **Live Mentoring Hours:** Tuesdays at 6pm, Thursdays 11am Mountain Time. Get support, celebration, guidance and care in what you're navigating and facing as you do the work and navigate life
- **Calls are not recorded**
- **Attendance is not required for success**



# Go-At-Your-Own-Pace Design



GO-AT-YOUR-OWN-PACE  
DESIGN

## **Order, Support**

**You can follow the trainings at your own pacing, allowing you to learn, practice, and grow at your own rate. Support is always available to help.**





# These Work Together To Create...

- Deep release of codependent habits, like people-pleasing, perfectionism, and fixing
- Increased guilt-free, shame-free access to and expression of your voice, your power, and your personhood
- Big reduction in overall shame, guilt, and fear
- Concrete self-worth, self-love, and self-loyalty
- Warm, loving relationships and friendships
- Integration of confidence habits, like low-anxiety communication, clear and direct boundaries, resilient self-trust, and effective self-advocacy
- More secure and stable attachment and bonds with yourself and others
- Increases in peace, freedom, and rest
- Deeper connection and awareness of your intuition and inner wisdom
- Fulfilled and nurtured needs and wants
- Increased clarity about your desires, joys, and purposes



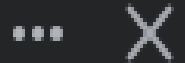
# Real Life Impacts From Students





Sher Bear

24m · 👥



Marshall's perspectives, work and teachings have been life altering for me. If you are on a journey of healing people pleasing, fawning, co-dependency, or any type of abuse his stuff may be for you! To me, at its core, his work is about living with your happiness and well-being as first priority and then, relating with others in a space of consent and privilege. This work is taking me to deeper and deeper levels of curiosity, exploration, discovery and understanding.

❤️ Marshall Burtcher





Callista Hexshima

23m · 🧑



Legit how I feel about [Marshall Burtcher](#) and [The Thriving Beyond Codependency Community](#)

I hope this post isn't too weird Marshall 😊 The work you do and share helps me do the work I'm doing for myself 💜



Dr. Glenn Doyle

@DrDoyleSays



Sometimes we lose the plot of our own story, sometimes for years. We're not sure who we are or where we're going or what the point is. Then we run across someone who helps us pick up the thread of our narrative again. Be patient. Some plot lines take awhile to make sense.

11:08 PM · 5/9/21 · Twitter Web App





Alex Greenlee

16h · 👤



I'm approaching a major milestone which I'll share about another time. I do want to take time and recognize the folks who played a critical role in helping me navigate what has been an incredibly painful, emotional and soul searching year.

This gentleman, [Marshall Burtcher](#), his teachings and wisdom, and the community he created played a critical role in helping me begin to break free from a debilitating trauma bond that was controlling my life.

I highly recommend Marshall and what he has created. His offerings are very affordably priced, and many tools are available free, like YouTube.

I continue to follow and incorporate Marshall's offerings, offerings which reach far beyond co-dependency. The title of a foundation course offered says it best...

Know Yourself Strategy

Know who you really are, who you came here to be!

I encourage you to check out Marshall's website!



Hey y'all... not to make anyone jealous, but I wake up happy pretty much every day.

For the last 4 years the first thing I see is my loving partner, my sweet animals, and a home I feel welcome in, filled with family that loves me.

It hasn't always been this way. I know the difference between a loving home and waking up feeling like an unloved imposter. That's how I felt for 40 years. That's a really long time to figure it out, but it's worth it.

How did I do it?

1. I told myself I was worth loving. I keep space for my imperfections. I run toward my weakness, not away.
2. I only maintain relationships with people who see those imperfections, but know that my worth is beyond that. I no longer associate with people or situations that lead me to question my value.

There are a few tools I have used to help me achieve those objectives.

I highly recommend [Marshall Burtchers](#) program and support group. I am a codependent that has a lifetime experience in disordered attachments to narcissists. Sometimes, I mirror narcissistic traits because that is what I've been around. It's scary and confusing and is inherited trauma often passed through families for generations. I will not accept that as my reality and I vow to break those patterns. So 1 uncomfortable divorce, being selective about what relationships I allow in my life, and a lot of hard self truths later, I am on my way. If this resonates with you check out [The Thriving Beyond Codependency Community](#). It's amazing.





Dave Macdonald



9m · 👤



A little over three years ago I put my faith in [Marshall](#) and his community to support me in reducing my codependent behaviours. Back then he was starting out, in earnest, and I was blessed with a lot of 1-on-1 time. My life changed forever and the impact on me, and my children who experience me now, will be felt for generations in my family.

Fast forward to 2021, and Marshall has refined his work to offer tailored courses and trainings of incredibly high value. For folks who struggle with codependency, his no bullshit approach that embraces boundaries and one's default sense of self and wholeness on one's own merit can change everything.



  ▶ The Thriving Beyond  
Codependency Community  
33m · 🌐



I found myself smiling today. And I realized I haven't smiled as much as I did today in a long while. But I'm happy. And it feels good to be happy with me.



Today I did things for me. I decided to choose me first. It no longer feels selfish, it feels right.

I took steps to increase my safety, and there is a lot to do with that yet, but it's a start. And I talked to a very sweet, caring person who makes me laugh and cry and smile and talk out loud and feel all the things and challenges me.

And - I played music again!!! It was the first time I really played an instrument to make music in 18 years. To put the emotion into a song and tell a story through the notes played by my own hands and breath - I forgot how powerful that feels. ❤️

[View Insights](#) 16 Post Reach >

  You and 1 other 1 Comment

 Love  Comment 







**Nicole Almond Marshall's** explanations of things like C-PTSD, anxiety, and Narcissistic abuse have been vastly more helpful to me than the support I have received from many medical professionals over the past years, including therapists, doctors, and psychiatrists.

[Love](#) · [Reply](#) · 17h · Edited





**Sonia Miller** TRUTH! I'm one of those success stories. Once I understood, began healing, and reclaiming my innate value... entirely new possibilities began to reveal themselves.. deep peace and resolution, embodied skill sets, and physical world results. The above is laser sharp accurate personal problem solving. No more band-aiding symptoms. This work is about true healing, closure and a new foundation from which to live life. ❤️

Love · Reply · 5d





**Michael O'Neill** Wow Marshall, your description of this is so riveting and feels exactly like what I encountered in a long relationship with a Narc. Thanks to your methods here I'm no longer in the grips of all this and can clearly see and understand what took place. I now get to arm myself with self care going forward. What a blessing.

...

Love · Reply · 2h





**Jan Fox** Although I knew I was codependent, no-one I had sought help from actually gave me tools to change my behaviour, my thinking or, most importantly, to recognise my intrinsic value, damaged in childhood. I was raised in a "transactional" environment, where my worth was determined by what I did and the value I provided to others. Being the perfectly behaved "seen and not heard" child, lead me to a lifetime of care-taking and abusive relationships, while receiving little or nothing in return. Marshall's program has changed all that. He "gets it" and is patient, available, supportive and a great listener. His tools and methods work and the supportive environment of the forum means I feel I am home..... at last!

Love · Reply · 1d





**Ginger Gibas** I cannot recommend this course enough. It has helped me tremendously. Not only with dealing with my neglecting parents, subsequent bad relationships, but a very toxic trauma bond. I've learned so much and have healed so much. Once we can break free and start to truly understand we aren't the problem then better relationships (even with ourselves) start to happen. Please put yourself first by using this course. You will NOT regret it. Unlike some of our past decisions based upon our programming. Marshall really knows his stuff and is a great teacher.

Like · Reply · 2m



# Ready To Heal Together & Discover Together?



# To Work With Me In The Membership, I Have Four Criteria:



# The 4 Criteria

- **One:** You are not dealing with untreated bi-polar or borderline personality
- **Two:** You are working with a therapist, are seeking a therapist, or are open to finding one if I recommend it
- **Three:** You have an online support community or a local support community
- **Four:** You resonate and like my teaching style and my work has made a positive change in your life





**If This Is A Yes, I Invite You To  
Join Us In The Heal Your  
Codependency Membership**



**You Can Join For:**



# All For The Rate Of...

- **\$2000 lifetime w/ 6 Months Private Voxer Support** (includes the upcoming Breakthrough Sessions, and the Self-trust Course - \$2500 value)
  - **\$1500 Lifetime** (includes the upcoming Breakthrough Sessions, and the Self-trust Course - \$2500 value)
  - **\$997 a year** (includes the Self-trust Course)
  - **\$125 a month\***
- **\* Note:** Hardship/Income Aware prices are available on the monthly membership only. Reach out by clicking the hardship request button on the sales page



# Note:

**I Limit The Enrollment To 75  
People Per Year To Ensure  
The Best Support And  
Success Of My Students**

**50 Seats Are Currently  
Available**



**Get Your Seat Here:**  
**<https://enroll.freetheself.com>**



**Enrollment For The Live Classes  
Closes August 12, 2023 and Will  
Not Re-Open Till August 2024**



# Q&A



# Regulation & Workshop Closure

