



A FREE THE SELF™ GUIDE

NERVOUS SYSTEM CARE

THE DAILY REGULATION PRACTICE

MARSHALL BURTCHER





Welcome To The Daily Regulation Practice

THIS GUIDE WAS UPDATED: 12/14/2021 @ 10:47pm

This guide replaces the BE CALM™ Daily Regulation Practice.

I would love to hear your experience of the guide, as it will help me improve it for you and others. Share your experience here: [Feedback](#)

You can access the BE CALM Daily Regulation Practice Version 1 – 3 here:

- Version One: [DRP Version 1](#)
- Version Two: [DRP Version 2](#)
- Version Three: [DRP Version 3](#)

The exercises on the next page are designed to help you reconnect with your body, restore your felt-sense/nonverbal awareness, and make your body a safe space to occupy. **Watch the training here to learn how to use the Guide: [DRP Training](#)**

These tools are derived from somatic processing and based on the work of Peter Levine, Mark Waldman, Irene Lyon and other somatic experts.

I hope this contributes to your healing and well-being. If you want more assistance or to learn more about how I heal codependency by reconnecting people back to their value, voice, and vision, visit:

- My website: www.freetheself.com
- Facebook: www.facebook.com/freetheself
- The Community: community.freetheself.com
- YouTube: tv.freetheself.com

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

Marshall Burtcher



Track Your Experience

Regulating your nervous system and helping emotions and thoughts move without hooking you or causing you to go into a reactive state is essential to navigating beyond reactivity, addiction, and feeling controlled by our feelings, thoughts, and what happens outside of us.

This worksheet gives you a daily regulation plan that, if you follow it, will help you master your regulation habit quickly. All you need to do is review the process each day and then PRACTICE IT. Remember, the clients and students that see results are the ones that do the work. Do it and receive the change you deserve.

FIRST TIME USERS: Watch the training here to learn how to use the Guide: [DRP Training](#). The practice starts on the next page.

Complete the chart below after doing your daily practice (practices start on next page). Rate anxiety, tension, and discomfort from 0 = NONE, 10 = INTENSE.

DAILY TRACKING

DAY OF WEEK	FEELING STATE BEFORE REGULATION	FEELING STATE AFTER REGULATION
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



The Daily Regulation Practice

Step One	Record Your Experience	Rate The Shift You Feel										
<p>The Safety Check-in</p> <p>This helps you assess your current physical safety by orienting you back to your senses through 6 questions.</p> <p>The PDF Guide: The Safety Check-in</p> <p>The MP3 Version: The Safety Check-in</p>		<table border="1"><tr><td>Anxiety</td><td></td></tr><tr><td>Relaxation</td><td></td></tr><tr><td>Openness</td><td></td></tr><tr><td>Tension</td><td></td></tr><tr><td>Obsessive Thoughts</td><td></td></tr></table>	Anxiety		Relaxation		Openness		Tension		Obsessive Thoughts	
Anxiety												
Relaxation												
Openness												
Tension												
Obsessive Thoughts												

Step Two	Record Your Experience	Rate The Shift You Feel										
<p>Orienting Yourself</p> <p>This tool helps you get oriented back to your surroundings, senses, and awareness</p> <p>Video Guide: Orientation Tool v1</p> <p>MP3: Orientation Tool v1</p>		<table border="1"><tr><td>Anxiety</td><td></td></tr><tr><td>Relaxation</td><td></td></tr><tr><td>Openness</td><td></td></tr><tr><td>Tension</td><td></td></tr><tr><td>Obsessive Thoughts</td><td></td></tr></table>	Anxiety		Relaxation		Openness		Tension		Obsessive Thoughts	
Anxiety												
Relaxation												
Openness												
Tension												
Obsessive Thoughts												



Step Three	Record Your Experience	Rate The Shift You Feel	
<p>Somatic Regulation</p> <p>This helps you bring soothing calm through physical touch practices.</p> <p>There are two tools. Use what works best for you.</p> <p>Touch Regulation v2</p> <p>Video Guide: Touch Regulation</p> <p>Heart-Shelter v2</p> <p>Video Guide: Heart-Shelter</p>		Anxiety	
		Relaxation	
		Openness	
		Tension	
		Obsessive Thoughts	

Step Four	Record Your Experience	Rate The Shift You Feel	
<p>Occupying Your Space</p> <p>This practice is about returning to your private, secure space or “bubble”.</p> <p>Use the Video below for this practice:</p> <p>Video: Bubble Practice</p>		Anxiety	
		Relaxation	
		Openness	
		Tension	
		Obsessive Thoughts	



Step Five	Record Your Experience	Rate The Shift You Feel	
<p>Regulating Self-Trust</p> <p>This practice helps you open up to trusting yourself in a bit-by-bit approach, helping you feel safer acknowledging and trusting your lived experience.</p> <p>This helps cement the shifts and healing you experience.</p> <p>Use the Video or MP3 guides to guide you.</p> <p>Video: Self-Trust Titration Tool v1</p> <p>MP3: Self-trust Titration Tool v1</p>		Anxiety	
		Relaxation	
		Openness	
		Tension	
		Obsessive Thoughts	

LOOKING FOR THE PREVIOUS REGULATION TOOLS? CHECK THE NEXT PAGE

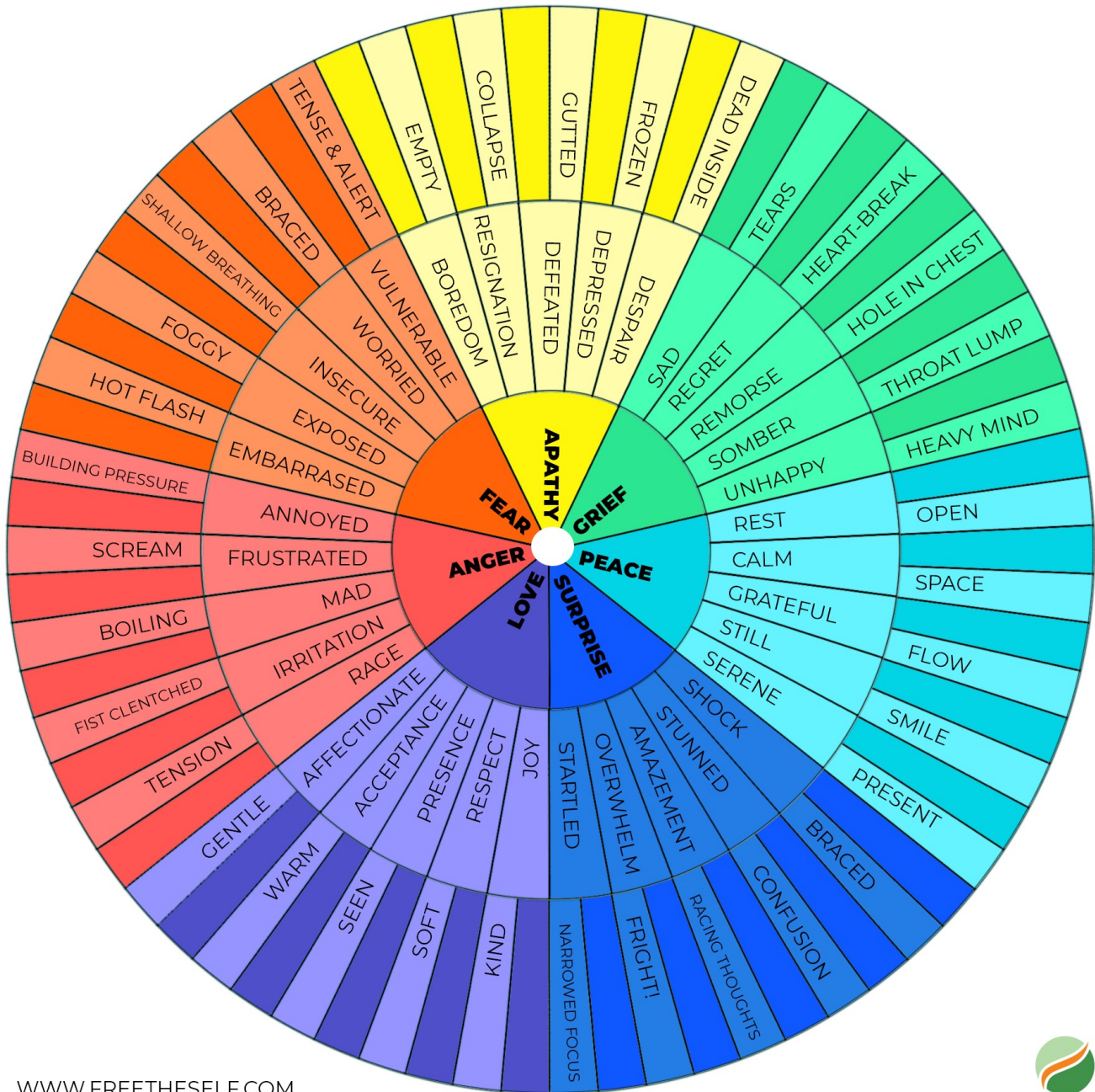


ADDITIONAL REGULATORS	EMERGENCY TOOLS	EMOTIONAL CARE TOOLS
<p>Thought Observation Practice:</p> <p>MP3/Audio: Thought Observation Tool</p> <p>Practice Breath Awareness Meditation (5-15 minutes).</p> <p>MP3/Audio: Breath Awareness Meditation</p> <p>Attachment Distress Regulator:</p> <p>Video: The Basic A.D.R.</p> <p>Practice Breath Regulation</p> <p>Video Guide Here: Breath Regulation</p> <p>MP3/Audio: Breath Regulation</p> <p>Basic Grounding Practice + Thought Observation</p> <p>MP3/Audio: Basic Grounding Practice + Thought Observation</p>	<p>Distress To Rest Tool</p> <p>Video: Distress-To-Rest</p> <p>Get Sober Guide</p> <p>PDF: Get Sober Guide</p> <p>The Euphoria Breaker</p> <p>MP3 The Euphoria Breaker</p>	<p>Get Sober Guide</p> <p>PDF: Get Sober Guide</p> <p>A-L-I Practice</p> <p>PDF: The ALI Practice</p> <p>Shame & Guilt Reprogramming Guide</p> <p>PDF: S&G Reprogramming Guide</p> <p>Sane Maker Guide</p> <p>PDF: Sane Maker Guide</p> <p>The De-Ruminator</p> <p>PDF: The De-Ruminator</p> <p>Find Additional Tools & Trainings Here: The FTS Library</p>



The Emotion-Sensation Wheel

This wheel can help you create mental associations between your emotions and body sensations. The printed PDF version is here: [ESW PDF](#)





Conclusion

I would love to hear your experience of the guide, as it will help me improve it for you and others. Share your experience here: [Feedback](#)

Make this a daily practice for the rest of your life and you will program your nervous system to calm itself rapidly and deeply.

Share in the Thriving Beyond Community how you feel and what you learned today!

- [Thriving Beyond Codependency Community](#)

Got questions? Need support? Contact us here:

- experts@freetheself.com
- Share in [The Community](#)

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

Marshall Burtcher

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