



A FREE THE SELF™ GUIDE

FOCUS ONE: RESTORING EMOTIONAL SAFETY - VERSION 2

PRACTICES GUIDE

MARSHALL BURTCHER





Welcome To Focus One: Restoring Emotional Safety – SAMPLE

THIS GUIDE WAS UPDATED: 10/09/2023 @ 10:26am

This guide contains the homework outlined in the Focus One modules. Do not try to jump ahead if this is your first time through. Take your time and follow the training step by step.

Remember you can get support here:

- **Live Mentoring Hours:** Happens Tuesdays @ 6pm and Thursdays 11am Mountain Time. Click here to access the ZOOM room:
- **Homework Hours:** Happens Tuesdays @ 5pm and Thursdays 10am Mountain Time. Click here to access the ZOOM room:
- The ZOOM Class Room:
- Course Trainings Quick-link:
- [The Community](#)
- By hitting REPLY on any email from me

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

- [Learning System Login](#)
- [Daily Regulation Practice](#)
- [The Master Calendar](#)
- [The Codependency Healing Tools & Meditations Library](#)

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

Marshall Burtcher



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Module One Practices

Instructions:

- **PRIMARY PRACTICE:** Begin Nervous System Care Practices by following the Daily Regulation Practice Guide: [The Daily Regulation Practice](#)
 - **Suggested Interval:** Do this daily
- **OPTIONAL PRACTICE:** Explore the impact of codependency on safety, connection, and worth
- **OPTIONAL PRACTICE:** Growth Integration Practice
- **CAPACITY CHECK:** Go slowly with this. None of this needs to be completed NOW. Take your time. Follow your capacity.
- **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](#)
- Quick-link back to the Index: [Index](#)

Practices start on the next page.



PRIMARY PRACTICE: Daily Regulation Practice

Practice soothing and caring for your nervous system using the Daily Regulation Practice. I recommend doing this once a day. Get the practices here: [The Daily Regulation Practice](#)



OPTIONAL PRACTICE: Safety Evaluation

QUESTIONS	ANSWERS
<p>What is your present understanding of safety in a relationship?</p> <p>What is your present experience with feeling safe in a relationship?</p> <p>What do you NEED to feel safe in a relationship:</p> <ul style="list-style-type: none">• emotionally• physically	
QUESTIONS ABOUT THE OTHER PERSON	ANSWERS
<p>Choose a relationship that you want to explore. It can be any relationship (friend, parent, romantic, etc)</p> <p>What choices, actions, and words by them felt unsafe physically, emotionally, or relationally?</p> <p>Was this a pattern in the relationship?</p>	
<p>What impact did those behaviors have on you:</p> <ul style="list-style-type: none">• emotionally?• physically?• mentally?• materially (finances, home, etc)? <p>Was this a pattern in the relationship?</p>	



What responses or reactions did you have to those behaviors?

Common responses:

- Appease or please the other (give them what they want)
- Avoid conflict and act like everything is "fine"
- Being needless, not asking them for anything
- Try to control outcomes so they don't get upset or try to control them by telling them what to do
- Enable them by blocking natural consequences and outcomes from their choices
- Try to fix them by taking on responsibility for their emotions, choices, actions, pain and trauma
- Try to be perfect or ideal for them
- Idealize them and see the best in them
- Try to prove you're worth loving through being what you think they want
- Freeze, panic, and try to not upset them again
- Try to confront them, but collapse when they fight back
- Other: (put in your own response here)

Was your reaction a pattern in the relationship?

Did this increase safety or take away from it?



QUESTIONS ABOUT YOU	ANSWERS
<p>What choices, actions, and words did you do, say, or choose that you believed would make things safer, less chaotic, or abusive in the relationship?</p> <p>Were these a pattern in the relationship?</p>	
<p>What impact did those behaviors have on you:</p> <ul style="list-style-type: none">• emotionally?• physically?• mentally?• materially (finances, home, etc)? <p>Was this a pattern in the relationship?</p>	
<p>What responses or reactions did you have to those behaviors?</p> <p>Common responses:</p> <ul style="list-style-type: none">• Shame or guilt yourself• Punish yourself with judgment, harsh words, deny yourself love• Try to be more perfect and ideal• Shutdown and collapse, maybe give up• Analyze yourself a lot and try to figure it out• Seek more self-help• Other: (put in what you did) <p>Was your reaction a pattern in the relationship?</p> <p>Did this increase safety or take away from it?</p>	



OPTIONAL PRACTICE: Connection Evaluation

QUESTIONS	ANSWERS
<p>What is your present understanding of connection in a relationship?</p> <p>What is your present experience with feeling connection with another?</p> <p>What do you NEED to feel connected in a relationship:</p> <ul style="list-style-type: none">• emotionally• physically	
QUESTIONS ABOUT THE OTHER PERSON	ANSWERS
<p>Use the same relationship you used in Part One.</p> <p>What choices, actions, and words did they choose, do, or say that broke or harmed connection?</p> <p>Was this a pattern in the relationship?</p>	
<p>What impact did those behaviors have on you:</p> <ul style="list-style-type: none">• emotionally?• physically?• mentally?• materially (finances, home, etc)? <p>Was this a pattern in the relationship?</p>	



What responses or reactions did you have to those behaviors?

Common responses:

- Appear or please the other (give them what they want)
- Avoid conflict and act like everything is "fine"
- Being needless, not asking them for anything
- Try to control outcomes so they don't get upset or try to control them by telling them what to do
- Enable them by blocking natural consequences and outcomes from their choices
- Try to fix them by taking on responsibility for their emotions, choices, actions, pain and trauma
- Try to be perfect or ideal for them
- Idealize them and see "the best in them"
- Try to prove you're worth loving through being what you think they want
- Freeze, panic, and try to "not upset them again"
- Try to get them to change by pleading with them or showing them how it impacted you
- Other: (put in your own response here)

Was your reaction a pattern in the relationship?

Did this increase connection or take away from it?



QUESTIONS FOR YOU	ANSWERS
<p>What choices, actions, and words did you choose, do, and say that you believed would create, fix, or repair the connection with the other person in the relationship?</p> <p>Were these a pattern in the relationship?</p>	
<p>What impact did those behaviors have on you:</p> <ul style="list-style-type: none">• emotionally?• physically?• mentally?• materially (finances, home, etc)? <p>Was this a pattern in the relationship?</p>	
<p>What responses or reactions did you have to those behaviors?</p> <p>Common responses:</p> <ul style="list-style-type: none">• Shame or guilt yourself• Punish yourself with judgment, harsh words, deny yourself love• Try to be more perfect and ideal• Shutdown and collapse, maybe give up• Analyze yourself a lot and try to figure it out• Seek more self-help• Other: (put in what you did) <p>Was your reaction a pattern in the relationship?</p> <p>Did this increase connection or take away from it?</p>	



OPTIONAL PRACTICE: Worth Evaluation

QUESTIONS	ANSWERS
<p>What is your present understanding of having worth, and being yourself?</p> <p>What is your present experience with being yourself with another?</p> <p>What do you NEED to be yourself in a relationship:</p> <ul style="list-style-type: none">• emotionally• physically• intellectually• any other area that matters to you (spiritually, sexually, creatively, etc)	
QUESTIONS ABOUT THE OTHER PERSON	ANSWERS
<p>Use the relationship you used in Part One and Part Two.</p> <p>What choices, actions, and words did they choose, do, and say that hurt your sense of worth?</p> <p>Was this a pattern in the relationship?</p>	
<p>What impact did those behaviors have on you:</p> <ul style="list-style-type: none">• emotionally?• physically?• mentally?• materially (finances, home, etc)? <p>Was this a pattern in the relationship?</p>	



What responses or reactions did you have to those behaviors?

Common responses:

- Appease or please the other (give them what they want)
- Avoid conflict and act like everything is “fine”
- Being needless, not asking them for anything
- Try to control outcomes so they don’t get upset or try to control them by telling them what to do
- Enable them by blocking natural consequences and outcomes from their choices
- Try to fix them by taking on responsibility for their emotions, choices, actions, pain and trauma
- Trying to be perfect or ideal for them
- Idealizing them and seeing “the best in them”
- Trying to prove you’re worth loving through being what you think they want
- Freeze, panic, and try to “not upset them again”
- Try to confront them, but collapse when they fight back
- Other: (put in your own response here)

Was your reaction a pattern in the relationship?

Did this increase your sense of self, worth or take away from it?



QUESTIONS ABOUT YOU	ANSWERS
<p>What choices, actions, and words did you choose, do, and say that gave you a sense of worth in the world and purpose in the relationship (aka what was your role(s))?</p> <p>Examples: fixer, savior/rescuer, martyr, black sheep, scapegoat,</p> <p>Were these a pattern in the relationship?</p>	
<p>What impact did those behaviors have on you:</p> <ul style="list-style-type: none">• emotionally?• physically?• mentally?• materially (finances, home, etc)? <p>Was this a pattern in the relationship?</p>	
<p>What responses or reactions did you have to those behaviors?</p> <p>Common responses:</p> <ul style="list-style-type: none">• Shame or guilt yourself• Punish yourself with judgment, harsh words, deny yourself love• Try to be more perfect and ideal• Shutdown and collapse, maybe give up• Analyze yourself a lot and try to figure it out• Seek more self-help• Other: (put in what you did) <p>Was your reaction a pattern in the relationship?</p> <p>Did this increase your sense of worth or identity or take away from it?</p>	



OPTIONAL PRACTICE: Growth Integration 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
DISCOVERY: What did you discover about yourself and/or your history through the practices this week? What discoveries about your emotions, thoughts, or behaviors, if any, were there? What changes in your emotional pain have you noticed (duration, frequency, or intensity)?	
CURIOSITY: What are topic are you curious about exploring more? What practices are you curious about doing?	
PRAISE & APPRECIATION: What can you praise and appreciate about yourself today? You can use the Praise & Appreciation Tool to Help: MP3	
COMPASSION: What pain, choice, action, outcome, or behavior needs compassion today? What shifted when you gave yourself compassion? You can use the Compassion Tool to help: MP3	



Conclusion

This is a sample the practice guides included in the Codependency Healing System.

Use this help you decide what your direction should be in your healing.

You can join the Codependency Healing System here: [Join Now](#)

Warmly,

Marshall Burtcher

Mentor in Healing Your 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/>



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