



A Free The Self™ GUIDE

# THE NEXT STEPS GUIDE

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PUTTING THE 3 PRACTICES TO USE

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# Welcome To The Next Steps

Thank you for taking the masterclass and for taking the next step in restoring your well-being and happiness in your life. Please let me know what you gained from the masterclass by sharing your experience here: [Share Your Thoughts](#)

To support you and your healing, I have put together powerful resources for you. Those include:

- **The Thriving Beyond Codependency Community (it is free):** This is where you can find support, guidance, and additional tools that propel your healing and help you keep it. Click here to join if you're not a member yet: [The Community](#)
- **The Tools Library (it is free):** This is a collection of my most powerful and popular tools used by students and private clients to help them succeed. Check it out here: [The Tools Library](#)
- **The Heal Yourself Strategy™:** The Heal Yourself Strategy™ tackles the core driver of codependency: The Trauma Bond. It does this through restoring safety, sanity, and connection by healing attachment injury, restoring power and safety to the survivor, and building healthy connection with self and other. This is how you rediscover well-being after narcissistic abuse. Learn here to learn more: [Learn More](#)

Thank you for taking the Masterclass. Please let me know what you gained from it. I look forward to witnessing your growth and happiness over the coming months and years! Don't hesitate to reach out with questions or if you need additional help!

You can reach me here:

- [Website](#)
- [Facebook](#)
- [Instagram](#)

Now, begin the 3 Practices. They start on the next page.

**Marshall Burtcher**



## The 3 Practices

Now that you've completed the Masterclass, you can put to use the 3 Practices you learned during the class. These steps are:

- Step One: Choosing Yourself First
- Step Two: Maintaining The 3 Safeties
- Step Three: Responding To Reality, Not Fantasy

Each of these steps are taken from the [Heal Yourself Strategy™](#), where you learn how to master each of these steps in-depth. Step One starts on the next page.



# Step One: Choosing Yourself First

Choosing yourself first is all about assessing 3 specific elements:

- Your desire
- Your capacity (aka availability)
- The cost/impact you live with

When these are respected, they lead you back to yourself and promote your well-being, happiness, and safety. You achieve this by asking yourself 3 specific questions:

- Do I want this?
- Do I have capacity for this?
- Does this add to my well-being and happiness?

If the answer is NO to anything of these questions, then the situation or opportunity doesn't work for you and needs adjustment.

Use the questions below to help you create clarity about this with any situation.

QUESTION	ANSWER
Describe the situation, opportunity, or request:	
Do you want this? (Check in with your body and see how it feels. Is this really desirable?)	



Do you have capacity for this? (Does this feel overwhelming, draining, exhausting, or leave you empty? If so, you do not have capacity for it.)

Does this add to your well-being or happiness? (Does this violate a boundary, put you in harms way, abuse or hurt you, create uncertainty, obligate you to something you don't want? If so, then it doesn't add to your well-being or happiness)

Was there a NO in your answers above? If there is a NO, what works for you instead?

Do that.



## Step Two: Maintain Safety

Safety has been removed from you through the abuse and chaos that abuse created. Restoring safety to your body's and mind's awareness is essential to your healing and growth. A safe brain grows. A scared brain doesn't.

We will do this by practicing a daily regulation practice that helps calm your nervous system. I call this practice, The Daily Regulation Practice or DRP. It is part of the [BE CALM System](#).

The Daily Regulation Practice is a 5-step practice that you can quickly access here: [The Daily Regulation Practice \(DRP\)](#).

Do it daily.

Increase your safety through educating yourself on your experience and joining community:

- Join The Community: [The Thriving Beyond Codependency Community](#)
- Books:
  - [Fuel by H.G. Tudor](#)
  - [Verbal Abuse by Patrice Evans](#)
  - [Complex PTSD by Pete Walker](#)
  - [Disarming The Narcissist by Wendy Behary](#)
  - [Why Does He Do That? By Lundy Bancroft](#)



## Step Three: Respond To Reality

Reality is assessed by determining 5 elements:

- The Context
- Choices Made
- Actions Taken
- The Impact
- The Outcome

Use the questions that start on the next page to assess your reality.



## Step One: Identify the Context

Describe the context of your experience below. The more detail the better for you!

<b>EVENT DATE AND DETAILS:</b>	
<b>CURRENT LEVEL OF CONFUSION/CRAZY ABOUT WHAT HAPPENED (0 = none, 10 = totally crazy)</b>	0 1 2 3 4 5 6 7 8 9 10
Where did this take place?	
What was the topic?	
What agreements were involved?	
What were you choosing, doing, saying?	
What were they choosing, doing, saying?	





## Step Two: Identify The Choices Made

Describe the choices made below. The more detail the better for you!

<b>QUESTIONS:</b>	
What choices did you make?	
What choices did you agree to make?	
What choices did you agree to not make?	
What choices did they make?	
What choices did they agree to make?	
What choices did they not make?	
What choices did they agree not to make?	



## Step Three: Identify The Actions Taken

Describe the actions your took below. The more detail the better for you!

<b>QUESTIONS:</b>	
What actions did you make?	
What actions did you agree to make?	
What actions did you agree to not make?	
What actions did they make?	
What actions did they agree to make?	
What actions did they not make?	
What actions did they agree not to make?	



## Step Four: Identify The Impact

Describe the impact, feelings, and experience you had below. The more detail the better for you!

QUESTIONS	
What did you feel about the situation?	
What did you feel about your choices?	
What did you feel about your actions?	
What did you feel about their choices?	
What did you feel about their actions?	
Are you treating your feelings and experience with value, importance, and priority?  How are you doing that? Use the Respect MP3 to help: <a href="#">MP3</a>	



## Step Five: Identify The Outcome

Describe the outcome of your experience below. The more detail the better for you!

<b>EVENT DATE AND DETAILS:</b>	
What was the outcome you experienced?	
What did that feel like to you?	
What was the outcome they said they experienced?	
How did you feel about that?	



## Sane Making STEP SIX: Sanity Check

Let's condense all this it into a simple experience below:

<b>RATE YOUR SENSE OF SANITY NOW:</b>	
<b>CURRENT LEVEL OF CONFUSION/CRAZY ABOUT WHAT HAPPENED (0 = none, 10 = totally crazy)</b>	0 1 2 3 4 5 6 7 8 9 10
Does this situation happen often?	
Does the outcome happen often?	
<b>Is this a pattern in the relationship?</b>	
Do they change their behavior?	
Do you change yours (if necessary)?	
Do those changes result in change that fulfills you and them?	
Do those changes stick?	
How happy are you in this cycle?	



## Conclusion

Thank you for taking the masterclass and for applying these 3 Practices to your life. Your next step is to participate in [The Community](#) and to learn how to take your healing deeper through [The Heal Yourself Strategy™](#).

This will empower you to make the best choices for your healing and liberation.

Don't hesitate to reach out with questions. You can contact me here:

- [Website](#)
- [Facebook](#)
- Phone: 208.918.0907

I look forward to witnessing your growth and happiness over the coming months and years! Don't hesitate to reach out with questions or additional help!

***Marshall Burtcher***



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