



A FREE THE SELF™ GUIDE

THE DE-RUMINATOR

A PRACTICE FOR REPROGRAMMING
RUMINATION

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Welcome To The De-Ruminator

Rumination is the habit of obsessing or fixating on the thoughts, feelings, actions, intentions, choices, or whereabouts of a person, place, or thing. It is a signal of anxiety and insecurity about:

- How one approached something
- What the consequence is or will be
- What the meaning of that consequence is

Basically, there is fear and fear needs to be comforted and safety restored. My approach to rumination is two-fold: to regulate the anxiety and to restore a sense of safety by accepting what is. This allows acceptance to occur, which is when the brain will stop ruminating and will rest.

To put it succinctly, rumination is alleviated by acceptance of what is. The steps below will help you move into acceptance and regulate your rumination by allowing yourself to admit to and see reality.

This will happen through these steps:

- Step One: Outline The Situation & Rate The Intensity Of Your Rumination About It
- Step Two: Acknowledge What The Consequence Is And How You Feel About It
- Step Three: Legitimize That Feeling and Experience
- Step Four: Release Any Significance You've Given The Outcome
- Step Five: Rate Your Level Of Rumination Intensity And Note Any Shifts In Your Perspective About The Situation And Consequence
- Bonus Step: Regulate Using The Daily Regulation Practice

I hope this contributes to your healing and well-being as you heal and thrive beyond codependency. If you want more assistance or to learn more about how I heal codependency by restoring your safety, sanity, and self, visit:

- My courses: <https://courses.freetheself.com>
- My healing codependency masterclass: <https://masterclass.freetheself.com>

You can learn more about me and my work here:



- 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



Step One: Outline The Situation & Rate Your Rumination

Outline The Situation:

QUESTIONS	ANSWERS
Describe The Situation You're Ruminating Over	
What Aspect Of The Situation Are You Most Anxious About?	
What Makes This Aspect Significant For You?	
What Would It Feel Like If That Aspect Was Not Significant Anymore?	

Rate your current level of rumination and anxiety below.

1 = no rumination; 10 = intense rumination

RATE YOUR RUMINATION	NOTES & OBSERVATIONS
1 2 3 4 5 6 7 8 9 10	



Step Two: Acknowledge The Outcome & How You Feel About It

Answer the questions below.

QUESTIONS	ANSWERS
What Was The Outcome?	
What Feelings Do You Have About It?	
Is It Ok To Feel That Way?	
Is It Ok This Outcome Happened?	
What Do You Assume Will Be The Consequence Of This Outcome?	



Step Three: Legitimize What You Feel

Legitimization is all about allowing your feelings and experience to be real and valid despite what others (or yourself) may believe. When you legitimize your experience, you're saying to yourself, "I believe you" and "Of course you feel this way. Look at what you've been through". This acknowledges that your reactions and responses have a logical basis in reality even if they don't make sense to the current situation.

Instructions:

- **Step One:** Rate the sensation/emotion and note it below
- **Step Two:** Use One Of The MP3s Below To Practice Legitimizing Your Experience. Chose The Version That Is Most Relevant To What You're Feeling
 - [Pain Legitimzer](#)
 - [Feelings Legitimzer](#)
 - [Perspective Legitimzer](#)
 - [Wants Legitimzer](#)
 - [Needs Legitimzer](#)
 - [Limit/Boundary Legitimzer](#)
 - [Being Legitimzer](#)
- **Step Three:** Rate the sensation/emotion now and note it
- **Interval:** Once a day for 7 days
- Track using the chart below
- 0 = no pain; 10 = intense pain

NAME THE SENSATION	INTENSITY BEFORE	INTENSITY AFTER	NOTE YOUR EXPERIENCE
Fear	9	2	My fear is valid and not something to fix
	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	



Step Four: Release Significance Of Outcome Or Situation

Significance is importance or meaning we give to a particular outcome, event, situation, person, place or thing. Significance tells our brain that what that person, place, or thing does or is means something about *ourselves* – namely *our value, lovability, or worthiness*. Releasing significance helps us break out of our subconscious fantasies and get into sober contact with reality – often resulting in deep peace and comfort. If that is the result for you, consider *trusting that outcome as it is a signal from your body that you're aligned with truth about you and your situation*.

Instructions On Releasing Significance:

- **Step One:** Rate the level of significance you feel about this situation, outcome, result or consequence and note it below
- **Step Two:** Use the Significance Release MP3 below to help you release the significance you give this outcome, person, place, or thing
 - [Significance Release MP3](#)
- **Step Three:** Rate the level of significance you feel about this situation, outcome, result or consequence now and note it below
- **Interval:** Once a day for 7 days
- Track using the chart below
- 0 = no significance; 10 = critical significance

NAME WHAT FEELS SIGNIFICANT	SIGNIFICANCE BEFORE	SIGNIFICANCE AFTER	NOTE YOUR EXPERIENCE
Disappointing Them	9	2	My fear is valid and not something to fix
	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	



Step Five: Review The Situation & Rate Your Rumination

Review The Situation

QUESTIONS	ANSWERS
How Does The Situation Appear Now?	
What Do You See Differently Than Before?	
Are You Willing To Trust This Change? Use Trust The Change MP3 To Help: MP3	

Rate your current level of rumination and anxiety below.

1 = no rumination; 10 = intense rumination

RATE YOUR RUMINATION	NOTES & OBSERVATIONS
1 2 3 4 5 6 7 8 9 10	



Bonus Step: Regulate If There Is Anxiety

You can comfort your nervous system through regulation. This is a simple 5-step practice that can help you calm quickly if you're experiencing anxiety. This is outlined in the Daily Regulation Practice PDF. You can open it here and start regulating now: [The DRP](#)



Your Next Steps

The journey to your satisfaction has begun. You will have to navigate the 3 phases of this journey – Survival, Healing, and Creation – to realize more peace, freedom, and satisfaction in your life.

My work is designed to help you do just that. Read below on how I make this happen!

Stay On Track

Is it your time to stop surviving and start actually healing? The FOUNDATION Trainings is designed to help you make it feel safe enough to stop being codependent and start speaking up, saying no, loving yourself, and living from your power. If you're ready for confidence, peace, and healing, click here to learn more: [The FOUNDATION Trainings](#)

Stay Connected

Connect With My Community

Start building your support network by joining my free Facebook Community, Heal Your Codependency With Marshall Burtcher™. You'll be connected to over 1600+ other survivors all focused on learning and mastering the work of well-being and thriving beyond their codependency.

This will get you support, guidance, and help you see and feel you're not alone in your journey and experience.

You can join here: [The Community](#)

Take My Workshop, "The Cause And Cure Of Codependency"

Learn how to heal codependency and enjoy more well-being, peace, and love in your life in my free workshop here: [The Workshop](#)

Connect With Me

Follow me on Facebook, Instagram, YouTube, and my podcast, "Heal Your Codependency with Marshall Burtcher" on Apple, Google, Spotify, and other podcast providers. Here are the links:



- My Website: [Free The Self](#)
- [My Facebook Page](#)
- [My YouTube Channel](#)
- [My Instagram](#)
- [My Podcast](#)

Warmly,

Marshall Burtcher

Your Mentor In Healing Your Codependency

P.S. 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](#)



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