



A FREE THE SELF™ GUIDE

DAILY REGULATION PRACTICES

A NERVOUS SYSTEM CARE TOOL

MARSHALL BURTCHER





The Daily Regulation Practices

This guide is occasionally updated. Last update: 4/19/2025 @ 10:27am

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](#)

This guide replaces the BE CALM™ Daily Regulation Practice.

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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 THE WEEK	FEELING STATE BEFORE	FEELING STATE AFTER
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		



The Daily Regulation Practices

Step One	What Was Your Experience?	What Shifts Did You Experience, If Any?
<p>The Safety Check-in</p> <p>This helps you assess your <u>current physical safety</u> by orienting you back to your senses through 6 questions.</p> <p>PDF Guide: The Safety Check-in PDF</p> <p>MP3 Guide: The Safety Check-in MP3</p>		<p>Shift in:</p> <ul style="list-style-type: none">• anxiety level?• relaxation?• openness?• tension?• racing thoughts

Step Two	What Was Your Experience?	What Shifts Did You Experience, If Any?
<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>		<p>Shift in:</p> <ul style="list-style-type: none">• anxiety level?• relaxation?• openness?• tension?• racing thoughts



Step Three	What Was Your Experience?	What Shifts Did You Experience, If Any?
<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>		<p>Shift in:</p> <ul style="list-style-type: none">• anxiety level?• relaxation?• openness?• tension?• racing thoughts

Step Four	What Was Your Experience?	What Shifts Did You Experience, If Any?
<p>Bubble Practice</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>		<p>Shift in:</p> <ul style="list-style-type: none">• anxiety level?• relaxation?• openness?• tension?• racing thoughts



Step Five	What Was Your Experience?	What Shifts Did You Experience, If Any?
<p>Attachment System Soothing</p> <p>This practice helps you soothe the attachment system.</p> <p>Use the MP3 guides to guide you.</p> <p>MP3: Basic Attachment Distress Regulator v1</p>		<p>Shift in:</p> <ul style="list-style-type: none">• anxiety level?• relaxation?• openness?• tension?• racing thoughts

Step Six	What Was Your Experience?	What Shifts Did You Experience, If Any?
<p>Build Trust In The Change</p> <p>This practice helps you open up to trusting the change happening as you heal.</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>		<p>Shift in:</p> <ul style="list-style-type: none">• anxiety level?• relaxation?• openness?• tension?• racing thoughts



**LOOKING FOR THE PREVIOUS REGULATION TOOLS? CHECK THE NEXT
PAGE**

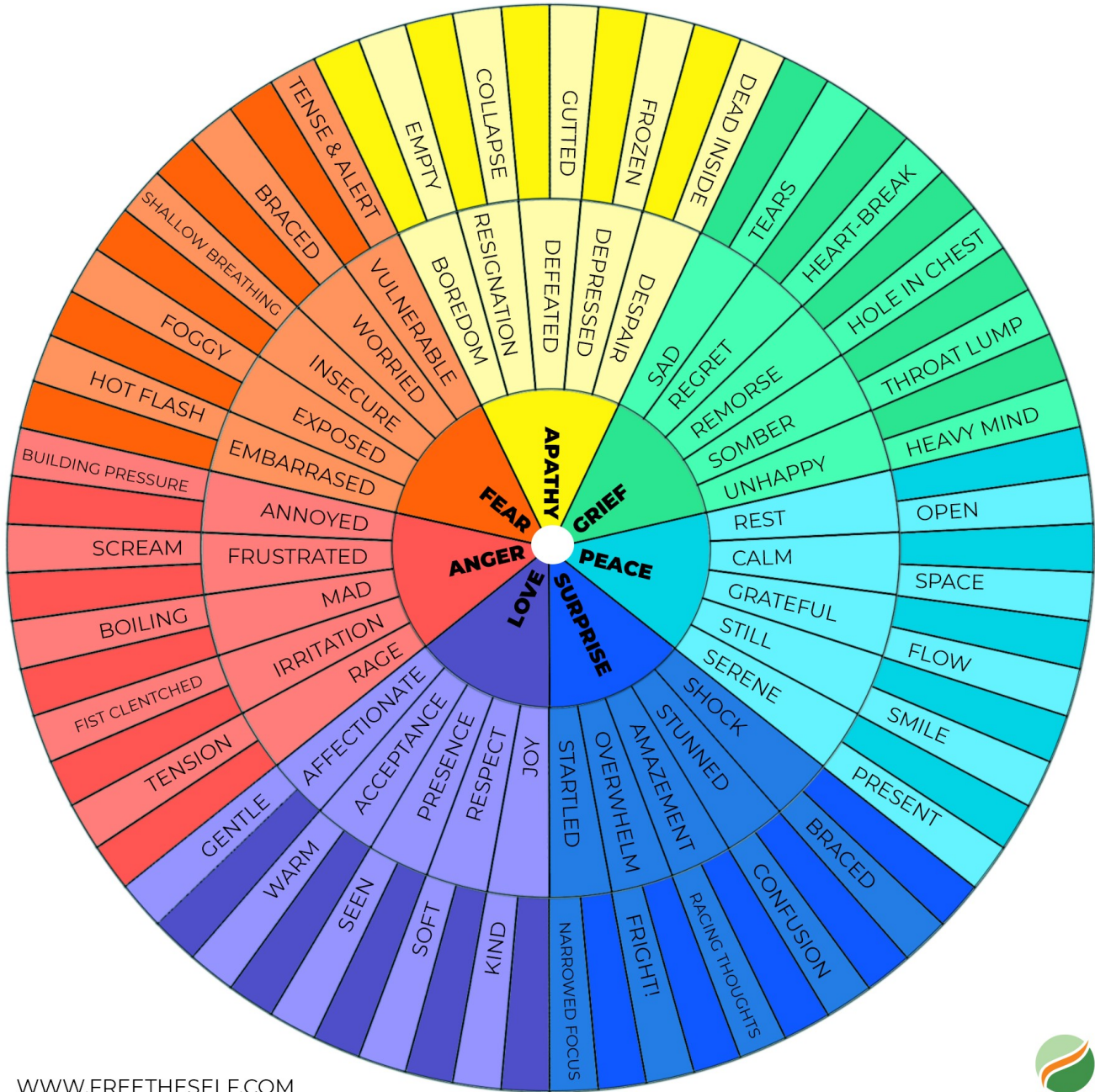


ADDITIONAL REGULATORS	EMERGENCY TOOLS	EMOTIONAL CARE TOOLS
<p>Thought Observation Practice:</p> <p>MP3/Audio: Thought Observation Tool</p> <p>Practice Breath Awareness Meditation (5-15 minutes).</p> <p>MP3/Audio: Breath Awareness Meditation</p> <p>Attachment Distress Regulator:</p> <p>Video: The Basic 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>Previous Versions of The Daily Regulation Practice</p> <ul style="list-style-type: none"> • Version One: DRP Version 1 • Version Two: DRP Version 2 • Version Three: DRP Version 3 	<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](#)





Your Next Steps

Your well-being and happiness journey has just started!

Stay On Track

Get the right knowledge, structure, practices, and support in your healing and well-being by joining one of my courses. I recommend starting with the Essential Codependency Healing Trainings. Click here to learn more: [The Essential Codependency Healing 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 1200+ 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](#)

You'll also get access to my Facebook Lives, to my support tools through the FTS Library, and special opportunities to enroll in my trainings.

Sign Up For My Workshops on Healing Codependency

Learn how to heal codependency and enjoy more well-being, peace, and love in your life and get your opportunity to join me live in healing your codependency. Go Here: [The Workshop](#)

Now, go practice your self-trust cultivation homework and we'll connect in my next email!

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](#)

Now, start nurturing your safety through the Daily Regulation Practice and Pause-Acknowledge-Observe Practices.

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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