



A FREE THE SELF™ GUIDE

# PAUSE • ACKNOWLEDGE • OBSERVE

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PRACTICE GUIDE

MARSHALL BURTCHER





# A Word From Marshall

**This guide is occasionally updated. Last update: 1/4/2023 @ 12:29pm**

**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](#)**

Welcome. I'm grateful for a bit of your time and your consent to offer some of my insight and approach into truly, deeply, ending codependency's influence in your daily life, relationships, and well-being.

You see, codependency is a strategy your body uses to get its most essential needs met. It isn't a disease, an addiction, flaw, or an identity. It is how your body responded to a sense of danger to its survival due to repeated experiences of neglect, chaos, and/or abuse in your life.

It has helped you achieved this.

And now it is time to for a fulfilling, happier, safer way of getting those needs met. I call this new way of relating, "happiness after codependency".

Your well-being and happiness depend on three vital needs. Those needs are: Safety, Connection, and Value-Identity.

I call them, "The Three Necessities". Without them, we do not survive or thrive in our lives, and your body knows this.

These are the same needs codependency has been trying to fulfill for you.

Today, this guide is going to teach you a practice that helps you start nurturing these needs in a happiness-after-codependency way.

For this to actually work, you will have to make it a part of your daily life.

You see, codependency has been a life-style in a way, and to have the relationships, the prosperity, success, or peace you seek, you have to master a life-style that aligns with those outcomes.



That is what I am here to teach you and help you master, but you must put it to use consistently to see results and change for yourself.

This is a chance to employ some curiosity and experimentation to see what happens for you. This means doing the practice for at least 14 days in a row and watching what shifts.

Doing it once will not produce much. Doing it as your daily routine *will*.

I look forward to seeing what you discover and thank you for that chance to contribute to your healing and liberation.

Want more guidance, tools, and chances to work with me? Connect with me below:

- My Website: [Free The Self](#)
- [My Facebook Page](#)
- [The Heal Your Codependency Community](#)
- [My YouTube Channel](#)
- [My Instagram](#)

To your well-being and happiness,

*Marshall Burtcher*



## The P.A.O. Practice

Pause.

Acknowledge.

Observe.

These three steps bring clarity, peace, and centeredness *fast*.

This kind of outcome helps you move out of reactivity, overwhelm, and intense emotional bursts quickly so you can center yourself and re-engage with reality.

These three steps also help you nurture connection with your body, restoring the essential mind-body connection that helps you heal, connect with yourself and other people, and begin to live from well-being and personal power. This capacity is often called “The Window Of Tolerance”, and is crucial to being able to heal and build resilience.

Applying these three steps can be a challenge even though they sound simple. This is due to three habits most of us have developed as coping reactions to emotions. Those are:

- Analysis: Where one tries to figure out the emotion or problem in hopes of fixing it so it doesn't come back
- Resistance: Where one denies the emotion itself or pushes it away, suppresses it or ignores it
- Attachment: Where one clings to the emotion as a truth, tries to keep it alive, and feels distress when it begins to fade

Pause, Acknowledging, and Observing replaces these habits.

Here's an example of how this works: when I find myself analyzing something, I pause, acknowledge, and observe what I am feeling, thinking, and sensing. I do nothing else. No action. No decision making.

I only witness what is there and let it be.

This slows down my breathing, eases tension in the mind and body, and helps me begin



to differentiate myself from my emotions, thoughts, impulses, and reactions.

Slowing down and becoming the observer of your experience is crucial for any healing work you may be undertaking, as it helps you avoid overwhelming your body and mind.

**The practice begins on the next page.**



# The Practice

The instructions:

- **Step One:** Practice the Pause-Acknowledge-Observe Practice using the MP3 linked below
  - [The Pause-Acknowledge-Observe Practice MP3](#)
  - Practice observing your inner reactions throughout the day
  - Record what you discover
  - **Suggested Interval:** Do this once a day, each day of this week

PRACTICE + QUESTIONS	ANSWERS
<p>The Tool: <a href="#">The Pause-Acknowledge-Observe Practice MP3</a></p> <p>What emotion or sensation was present in your body? (Use the Emotion Wheel to help: <a href="#">ESW</a>)</p> <p>Where was it in your body?</p> <p>What kind of characteristics did it have?</p> <p><b>Characteristics:</b> hot, cold, rough, smooth, thick, light, heavy, thin, foggy, deep, shallow, buzzing, still, sharp, soft, sound, etc?</p> <p>Draw it if you had a visual or sense of its shape.</p> <p>How significant did this feel to your:</p> <ul style="list-style-type: none"> <li>• identity?</li> <li>• safety?</li> <li>• worth?</li> <li>• connection with others?</li> </ul> <p>As you practiced observing what was in your awareness, what shifts, if any, did you notice:</p> <ul style="list-style-type: none"> <li>• emotionally?</li> <li>• physically?</li> <li>• mentally?</li> </ul>	



## 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](#)

#### **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](#)

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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