



A FREE THE SELF™ GUIDE

# THE SHAME & GUILT RELEASE GUIDE

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FROM THE HEAL YOURSELF STRATEGY™

MARSHALL BURTCHER





# Welcome To The Shame & Guilt Release Guide

Release on the shame and guilt using the HEAL Process™ steps outlines in this guide. This comes from The Heal Yourself Strategy™. Learn more about the course here: [The Heal Yourself Strategy™](#)

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 restoring your safety, sanity, and self, visit:

- My website: [www.freetheself.com](http://www.freetheself.com)
- Facebook: [www.facebook.com/freetheself](http://www.facebook.com/freetheself)
- The Community: [community.freetheself.com](http://community.freetheself.com)
- YouTube: [tv.freetheself.com](http://tv.freetheself.com)

**Remember, you're worth knowing, loving, and keeping!**

*Marshall Burtcher*



## The Practice

Start reprogramming your shame and guilt using the Reprogramming Practice below.  
Regulate your activation ([The Daily Regulation Practice](#)).

Use the steps below to regulate sobriety and create clarity.

STEP	RESULTS	NOTES
STEP ONE: Release on the Shame or Guilt.  Shame release: <a href="#">MP3</a>  Guilt release: <a href="#">MP3</a>		
STEP TWO: Complete the love integrator  Integrator MP3: <a href="#">MP3</a>		
STEP THREE: Complete The Embodiment Practice  The Embodiment MP3: <a href="#">MP3</a>		
STEP FOUR: Compassion Practice  The Compassion Tool: <a href="#">MP3</a>		
STEP FIVE: Track Results  What do you feel now?  What change in behavior do you see?		



## Conclusion

Make this a daily practice for the rest of your life and you will find more peace, more confidence, and more sanity in your reality.

Share in the Thriving Beyond Community how you feel and what you learned today!

- [Thriving Beyond Codependency Community](#)

Got questions? Need support? Contact us here:

- [experts@freetheself.com](mailto:experts@freetheself.com)
- Share in [The Community](#)

Remember, you're worth loving, you're worth knowing, and you're worth keeping.

*Marshall Burtcher*

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