

BREAK FREE WORKBOOK

Reclaiming the Human, the Healer, and the Unapologetic You

ClarityCon • 90-Minute Interactive Workshop

Presented by Jeanette Lira, LPC-S

The FREE Method

F - Find the disconnection | R - Regulate the state | E - Examine the story | E - Embody the identity

Learning Objectives

- Identify signs of fragmentation, role conflict, and personal-professional misalignment.
- Demonstrate at least two state-regulation strategies using breath, grounding, movement, or sensory awareness.
- Apply the PDR Filter to evaluate therapeutic self-disclosure.
- Translate a desired identity into one observable behavior and one repeatable ritual.

Opening Reflection

Why did the words “Break Free” matter to me today?

Current connection to myself (circle one): 1 2 3 4 5 6 7 8 9 10

What would make this session useful to me?

This workbook is designed for personal reflection, professional development, and clinical/supervision application. Participate at the level that feels appropriate and maintain your own boundaries.

F

FIND THE DISCONNECTION

Notice where your roles, values, behavior, and internal experience no longer match.

What Is Fragmentation?

Fragmentation occurs when the person you are, the roles you perform, and the life you are living stop feeling connected. You may still function well externally while feeling detached, resentful, depleted, or unlike yourself internally.

Common Signs

- ☐ I am functioning, but I do not feel fulfilled.
- ☐ I operate in constant “go mode.”
- ☐ I perform competence instead of feeling grounded.
- ☐ I resent responsibilities I once chose.
- ☐ I have difficulty asking for help.
- ☐ My identity depends on being needed.
- ☐ I say yes while internally wanting to say no.
- ☐ Play, creativity, rest, or curiosity have disappeared.
- ☐ My body is signaling strain before I consciously admit it.

Personal Reflection

I feel most disconnected from myself when...

The role consuming the most energy right now is...

The part of myself I have neglected is...

When I am aligned, I notice...

Clinical / Supervision Application

Questions to Use

With clients: “Which part of you is showing up right now, and what does it need?”

With supervisees: “Who were you in that session - grounded, performing, rescuing, avoiding, or something else?”

Where could I use this concept in my work?

R

REGULATE THE STATE

State change does not erase the problem; it increases access to choice.

Why Bottom-Up Regulation Matters

When activation is occurring in the body, insight alone may not be enough. Breath, posture, movement, sensory attention, and grounding can interrupt automatic patterns and widen the range of responses available.

Practice 1: State-Shifting Movement

- ☐ Notice your starting energy, tension, and attention.
- ☐ Stand, shake, stretch, move, or change posture for 60-90 seconds.
- ☐ Pause and notice what changed physically, emotionally, and mentally.

What changed in my body or energy?

What did not change - and why is that distinction important?

Practice 2: Grounding and Anchoring

- ☐ Orient to the room and notice your physical support.
- ☐ Slow the exhale and soften unnecessary tension.
- ☐ Recall a moment of peace, connection, or aliveness.
- ☐ Locate that experience in the body.
- ☐ Pair it with a subtle physical cue you can repeat later.

What did I notice?

Where did I feel regulation or resistance?

My chosen physical anchor is...

Clinical / Supervision Application

Use With Intention

Ask permission, provide choice, avoid assuming safety with closed eyes, and adapt for trauma history, culture, mobility, sensory needs, and setting.

A client population or presenting concern that may benefit:

How I would shorten or adapt the exercise:

E

EXAMINE THE STORY

We respond not only to events, but also to the meaning we assign to them.

The Story Beneath the Pattern

Stories organize experience. They can create coherence and hope, but they can also become unquestioned instructions: keep producing, never disappoint anyone, do not ask for help, or prove that you belong.

Story Reflection

A turning point in my life or career was...

The meaning I gave that event was...

That story taught me to...

What the story protected me from was...

The cost of continuing to live by that story is...

A more accurate or useful story may be...

Limiting Belief Review

Old belief	Evidence / origin	Current truth or reframe
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INTENTIONAL SELF-DISCLOSURE

Use the PDR Filter before sharing your story.

P - Purpose

What therapeutic function will the disclosure serve?

- ☐ Normalize
- ☐ Reduce shame
- ☐ Build hope
- ☐ Model vulnerability
- ☐ Clarify a clinical concept
- ☐ Strengthen alliance

The specific purpose would be...

D - Dosage

- ☐ Is this experience sufficiently processed?
- ☐ How much detail is actually necessary?
- ☐ Is the timing appropriate for this client?
- ☐ Could the client feel responsible for my emotions?
- ☐ Can I make the point briefly?

The minimum helpful disclosure would be...

R - Return

How will I deliberately return the focus to the client?

Example

“I share that because I want you to know this response is human, not because our experiences are identical. What is it like for you to hear that?”

My return-to-client question would be...

Scenario Practice

A client says: “You could never understand what it is like to fail everyone who depends on you.”

Would I self-disclose? Why or why not?

What would I say?

How would I return the focus?

What risks or cultural/contextual factors should I consider?

E

EMBODY THE IDENTITY

Insight becomes transformation when it is translated into repeated behavior.

Identity and Behavior

Identity influences behavior, and repeated behavior reinforces identity. Naming a new version of yourself is meaningful only when it changes what you practice.

The version of me I am outgrowing is...

This version protected or helped me by...

This version now limits me by...

The qualities I need in my next season are...

I am becoming...

This identity means I will...

Make It Observable

Identity quality	Observable behavior	When / where I will practice it
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Seven-Day Commitment

I am becoming _____, and within the next seven days I will...

The person who can support or hold me accountable is...

RITUAL, INTEGRATION, AND RETURN

Use repetition to make the identity easier to access in real life.

Create a Micro-Ritual

A ritual is a repeated action that gives meaning to a transition, value, or identity. It is not a substitute for behavior; it is a cue that supports behavior.

When I...

I will remind myself that I am becoming...

Then I will...

Step Into Me

I release what no longer fits.

I honor what it taught me.

**I accept the discomfort of becoming.
I choose the person I am becoming.
I step forward with intention.**

Final Integration

Connection to myself now (circle one): 1 2 3 4 5 6 7 8 9 10

What did I recognize?

What will I practice?

Who am I becoming?

One commitment I will complete within 72 hours:

Closing Anchor

Alignment creates presence. Presence creates connection. Connection creates change.

APPLICATION NOTES

Adapt the framework for therapy, supervision, leadership, and personal practice.

The FREE Method in One Conversation

Step	Guiding question	Possible intervention
Find	Where do you feel disconnected, performative, or out of alignment?	Parts language, role mapping, values check
Regulate	What does your body need so you can access more choice?	Breath, orienting, movement, sensory grounding
Examine	What story or belief is directing this pattern?	Meaning-making, cognitive reframe, narrative exploration

Embody	Who do you need to become, and what would that person do next?	Identity naming, behavioral commitment, ritual
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My Implementation Plan

Where I will use this framework:

What I need to adapt for safety, culture, access, or setting:

How I will know it is helping:

What I need to study or practice further:

Selected References

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The FREE Method and PDR Self-Disclosure Filter are original workshop frameworks developed for this presentation by Jeanette Lira, LPC-S.

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