

Guest Release Agreement

By submitting this form and appearing on The Internal Shift Show, you grant Debbie Longo and The Internal Shift Show the unrestricted right to record, edit, publish, distribute, and promote the episode in all media formats, including audio, video, clips, and promotional materials.

You acknowledge that no compensation is provided for your appearance.

You confirm that the views you share are your own and that you have the right to share your story.

You understand the final edited version is at the sole discretion of the host.