

**Inner Vows or Self-Imposed Vows** (negative thoughts “from the inside”)

Sometimes it is not others that have cursed us with false judgments. We curse ourselves by beginning to believe lies and judgments that we have imposed on ourselves. An inner vow is a negative judgment that usually includes the words “always” or “never.” They result from fear, a failure to forgive, and a decision not to live life fully. Again, they are stinkin’ thinkin’ patterns that chain us down and keep us from being free. They take away our energy and lead to bad decisions. God does not want this. Ask the Holy Spirit to help you discern any inner vows that you have placed upon yourself throughout your life. See the examples below to understand these vows better, and see pages 2 and 3 of this form.

**Examples**

- “No man can be trusted.” (= “I can never trust a man again.”)
- “I wish I were dead.” = (“My life is always a disaster.”)
- “I am so stupid.” = (“I am never smart.”)
- “God will never forgive me.”
- “I can’t show my emotions.”
- “There is no hope.”
- “Everyone would be better off without me.”
- “If I want it done right, I’ll have to do it myself.”

Again, the more vows you list, the more healing you will receive when we pray. Use page 5 if you need additional space.

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**Prayer to Break Inner Vows**

Lord Jesus Christ, please forgive me for making the following vows against myself:

1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, etc.

In the name of Jesus Christ and by the intercession of the Blessed Virgin Mary, St. Michael, and \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, I renounce and break each of these vows. I declare them null and void immediately, no longer able to influence me in any way. By the sword of the Holy Spirit, I cut myself free from these vows and all their ill effects on my life. +In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## Stinkin' Thinkin' Patterns

Stinkin' thinkin' patterns get us into trouble. We can develop them in many ways and from various sources: (1) family tree, (2) response to traumatic experiences, (3) decisions to sin, (4) overreactions to hurts in life, (5) friends and acquaintances, (6) school, (7) media, (8) etc. Some statements from below may have been true initially or for a while (e.g., "I should have done something to stop it."), but it's time to stop repeating them in our minds and hearts, and to stop letting them determine our being.

Stinkin' thinkin' patterns are like chains that bind us. They are obstacles and blocks to God's love (directly from Him or through others). They act like curses—what we think is what we get. They are lies about God, ourselves, and others. Jesus wants to deliver us from them. If we act out of these negative thought patterns, we will not treat ourselves and others as God would. The truth is what sets us free!

After reading this page, you will see on the next page **Inner Vows**—more negative thought patterns.

### Lie/Emotional Identification

1. **Abandonment.** "I am all alone. I have been overlooked. I will always be alone. They do not need me. I don't matter. No one even cares. They are not coming back. There is no one to protect me. God has forsaken me too. No one will believe me. I cannot trust anyone. I am afraid they won't come back."

2. **Shame.** "I am stupid/ignorant/an idiot. I should have known better. I should have done something to have stopped it from happening. I allowed it. I was a participant. It was my fault. I should have told someone. I knew what was going to happen, yet I stayed anyway. I felt pleasure, so I must have wanted it. It happened because of my looks, my gender, my body, etc. I should have stopped them. I did not try to run away. I deserved it. I am cheap like a slut. I kept doing it. I initiated it. I feel bad/dirty/shameful/sick/nasty."

3. **Fear.** "What if I fail? What if \_\_\_\_\_? [Look for 'what if's.'] I have to please everyone. I am going to die; he/she is going to hurt me. I do not know what to do. If I tell, they will come back and hurt me. If I trust, I will die. He/she/they are going to get me. It is just a matter of time before it happens again. If I let him/her/them into my life, they will hurt me too. Something bad will happen if I tell/stop it/confront it. Doom is just around the corner."

4. **Powerlessness.** "I cannot stop this sin. There is no way out. I am too weak to resist. The pain is too

great to bear. I cannot get away. I am going to die and I cannot do anything about it. He/she/they are too strong to resist; I cannot get away from them. I cannot get loose. I am overwhelmed. I don't know what to do. Everything is out of control. I am pulled from every direction. Not even God can help me. I am too small to do anything."

5. **Tainted.** "I am dirty/shameful/evil/perverted/etc. because of what happened to me (or what I did). My life is ruined. I will never feel clean again. Everyone can see my shame/filth/dirtiness/etc. I will always be hurt/damaged/broken because of what has happened. I will never be happy. I will always be unclean/filthy/etc. God could never want me after what has happened to me. My body parts are dirty. No one will ever really be able to love me."

6. **Invalidation.** "I am not loved/needed/wanted/cared for/important. They do not need me. I am worthless, have no value. I am unimportant. I was a mistake. I should have never been born. I am in the way, I am a burden. I was never liked by them because I was \_\_\_\_\_. God could never love or accept me. I could never be as \_\_\_\_\_ as she/he. I could never jump high enough to please him/her. I am not acceptable."

7. **Hopeless.** "It is never going to get any better. There is no way out. It will just happen again and again. I have no reason to live. There are no options for me. I just want to die. Nothing good will ever come of this."

8. **Confusion.** "I don't know what is happening to me. Everything is confusing. This does not make any sense. Why would they do this to me?"

9. **Selfishness/Entitlement.** [The "un-holy trinity"—me, myself, and I] "My mom and dad owe me. The world owes me. I am entitled to \_\_\_\_\_. I can do whatever I want. I have to be in control. The opinions of others don't matter. No one is going to tell me what to do (especially authority figures, including priests). I will always get my way. The world revolves around me. I will have the last word. If I don't like it, I will leave/quit. I deserve to be comfortable. I can be late anytime if I want. Someone else can do it. I cannot do this because (excuse). I don't have to be at church because I don't get anything out of it. Hypocrites go to church. It's my money; I don't have to give any to charity/church."

## Sample Inner Vow List

Below are examples of inner vows. An inner vow is a negative judgment that usually includes the words “always” and/or “never.” They result from fear, a failure to forgive, and a decision not to live life fully. Again, they are stinkin’ thinkin’ patterns that chain us down and keep us from being free.

### Some Inner Vows

1. **No one cares about me.** Vows: “I will never let anyone take care of me again. I will always be alone. I will never be good enough. I have to be perfect in order to be loved.”

2. **There’s nothing I can do about it.** Vows: “My opinions never matter. Authority will never protect me.”

3. **I can’t trust anyone.** Vows: “I will always take care of myself. I will never trust men/women. I will always have to do it on my own. I will be strong. I will never need anyone. I will never matter. People always go away.”

4. **Something must be wrong with me.** Vows: “I will never let anyone get close to me. I will never share my feelings again. I will never make mistakes. It’s always my fault. I am a mistake. No one will ever love me. I will never be good enough. I will always be alone. I will never get married. I will never have children.”

5. **All women are critical; all men are jerks.** Vows: “I will always take care of myself. Authority will never protect me. I never want to be like mom/dad. I will never raise my kids like \_\_\_\_\_. When I grow up, I will never \_\_\_\_\_. When I grow up, I will always \_\_\_\_\_. I will never be angry.”

6. **Life sucks.** Vows: “I will not feel anything. I will not remember the bad things. I will never belong. I will never cry. I will not care.”

7. **People are not safe.** Vows: “I will always be in control. I will never love anyone again. I will never let anyone hurt me that way again.”

8. **It’s not OK to be me.** Vows: “I never do anything right. I will never make a mistake. I can never exist. What I think will never matter. I will never be important. I will never be seen. I will never be wanted. I will never be good enough. I will never belong. I will always be on the outside looking in.”

9. **That’s just the way things are.** Vows: “I will never be able to change things. No one will give me what I need. I will never make her/him happy. I will never please mom/dad. Mom/dad always likes him/her best. I will never be included. I will never get to do what I want to do. Life is always unfair. It will always be my fault.”

10. **It is not safe to have feelings.** Vows: “I will never feel. I will never be aware of my feelings. I will never remember. I will never share my feelings with anyone again. I will never get angry. I will always be in control of myself.”

### How to Break Stinkin’ Thinkin’ Patterns

Jesus wants to cut these chains off of us so that we can be free to grow and mature. We just need to ask Him. Here is an example of how to ask: “**In the name of Jesus Christ, and using my authority as His adopted child, I renounce ‘I will never be good enough’ and I break its power and cancel its effects.**”

John the Baptist said, “He must increase; I must decrease” (Jn 3:30). As an act of humility, we should let Jesus break the chains and increase in us.

God’s Word contains the truth. Here are a few references that counteract false thinking.

-Mt 20:28 (life of service).

-Mt 7:12 (treat others how you want to be treated).

-Mt 10:26-30 (do not be afraid).

-Lk 9:23 (pick up your cross and follow Jesus).

-Mt 5:1-16 (beatitudes; you are Jesus’ light in the world).

-Mt 28:20 (Jesus is with you until the end of time).

-Ps 27:10: “Even if my father and mother forsake me, the Lord will take me in.”

-1 Jn 4:7-8: “Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love.”

-Lk 9:59-62 (do not look back) plus Mt 6:33-34 (do not worry about the future) equals (must live in the present day).

-Mt 28:18-20 (go teach and make disciples and baptize for Jesus; get out of your “pity party” and move forward!).

-Phil 4:4-8 (rejoice, think of good things).

-Mother Teresa: “The Lord has called me to be faithful, not successful.”

**More Information Related to Soul Ties**

**1 Cor 10:31:** “So whether you eat or drink, or whatever you do, do everything for the glory of God.”

**Music.** List any music that you have intentionally listened to that had lyrics that go against God’s plan for you. Include the following genres/groups; for example: death metal, black metal, heavy metal, acid rock, Katy Perry, Lady Gaga, Madonna, Marilyn Manson, Insane Clown Posse, Smashing Pumpkins, Jay Z, Kayne West, etc. To discover if a music artist is into the occult, search the name and the word “occult.” E.g., if you did a Google search such as: “Katy Perry occult,” you would see that there are plenty of articles about her.

Groups/Genre

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Video Games.** List any video games that you played, especially Diablo, World of Warcraft, Oblivian, Starcraft, In Tecmo’s Deception: Invitation to Darkness, Koudelka, Shadow Hearts, Shin Megami Tensei; Nocturne, Devil Summoner, Assassin’s Creed, Dante’s Inferno, Guitar Hero, Trapt, Bayonetta, Darksiders, Dragon Age, Legends, etc. You could search the video game with the word “occult” and see which ones are evil.

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**Movies.** List any ungodly movies that you have watched (e.g., “The Craft,” R-rated and X-rated movies, etc.)

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| 1. _____ | 5. _____ |
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| 4. _____ | 8. _____ |

**Cursed Items.** Do you have any items in your house that are from countries that practice voodoo, Santeria, and other evil practices? (Examples: a mask from Africa or Haiti, a hookah pipe from Afghanistan, etc. Have any non-Christians [especially a witch] given you anything? Do you have a Freemason apron or ring?) List them and call us if you have any questions.

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| 1. _____ | 4. _____ |
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**Prayer:** In the name of Jesus Christ and by the intercession of the Blessed Virgin Mary, St. Michael, and \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, I renounce and rebuke, reject and sever all ties with any music/video games/movies/cursed items that was/were not of You, Almighty God, especially \_\_\_\_, \_\_\_\_, \_\_\_\_, etc., and I break their power and cancel their effects. Amen.

Blank Page to write extra information, if you need it.