

Defeating Vows

Negative Limiting Beliefs

I am disgusting

I can't trust myself

It is all my fault/ guilt

I am flawed

I have no control

I am not safe

I am damaged

I am inadequate

I have nothing to offer

I'll never get better

I must fix everything. It is my responsibility

I am insignificant/my needs don't matter

I am all alone

I am un-loveable

I am not worthy (shame)

I am not enough

Blocking Behaviors and Vows

Eating Disorder: I will make myself acceptable, people will love me if I am skinny

Indecisive: I can't trust myself to make the right choice, so I refuse to make any.

False Responsibility "I carry the burden of the world on my shoulders."

Abuse alcohol/drugs "I can't handle the pain so I will numb it all."

Excessive Control "I will never let anyone have control of me again."

Overeat: I will find comfort in food or keep myself from being attractive so that others won't want to get close to me.

Refuse Good Things: I will not accept anything good in my life because I don't deserve it

Self-Critic: I will put myself down before others do

Stop trying: I can't handle rejection, so I will not try

Hopelessness: Disappointment is too painful

People Pleaser: I will disregard my needs to make everyone else happy

Caregiver: I will prove my significance by meeting everyone else's needs

Self-reliance: I refuse to depend on or need anyone ever again

Closed-heart to others: I won't let anyone know me

Shut-down, numb: It hurts too much to feel so I'll shut everything down

Perfectionism: I will never let myself make a mistake again by pushing myself relentlessly

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5283 O'NEALL RD WAYNESVILLE 937-728-3397

Note that not all of these vows are negative unless they are to an extreme and causing harm in your life. Someone who is a caregiver isn't necessarily doing so because they feel insignificant. It may just be their calling. The behaviors discussed here represent defense mechanisms to cover up hurts. Use this as an awareness tool to shift negative thought patterns and release these hurts from your body along your voyage to HEAL.

Dear God,

I know in my life because of various events I made a vow that.....

On my path to healing, I acknowledge my feelings of

I now replace this with a sense of

** For this meditation, John F. Barnes, the founder of myofascial release technique, has created a CD titled, Inner Awareness, which has a beautiful diaphragmatic breathing and progressive muscle relaxation that I highly recommend.*

** You may also want to visit my dear friend and mentor, Josie Muterspaw's, website at www.shinehealing.org for a more in depth spiritual guidance focusing on allowing the light of God to shine forth inside of you.*

** Lastly, Daniel Stewart has a wonderful CD entitled Equestrian Sports Psychology to assist in shifting negative thought patters. In one of my sections of the CD he discusses the "What if this would happen". He recommends you add the word, So, in front of what if. Then it becomes, "So what if this happens". It completely changes the context to a proactive response rather than a reactive stressor.*