



Self-protection Vows Worksheet

(New 2001, Last revised 1/17/2025)

Ask the Holy Spirit to guide you as you complete this exercise. Think about the target traumatic memories and painful emotions. Try to connect with the memories and emotions as much as possible. While you are connected to the traumatic memories and the associated painful emotions, read through this work sheet and check any that feel true. Each time you find a vow that feels true, ask “What did I get from making this vow?” and “What did I lose and/or give away when I made this vow?” Make sure to write down any vows, “gives,” and “gets” that come to you in your own words as you use the worksheet. Go through the prayer to resolve self-protection vows with the material you have identified, and then return to the usual Immanuel approach healing process for the target memories and emotions. If your facilitator feels it is appropriate, you can go through this exercise as a homework assignment between sessions.

Vows, examples:

- “I will not feel _____.”
- “I will not see _____ (what my grandfather is doing to my sister, this memory, ‘problems,’ etc.)”
- “I will not remember _____ (what my father did to me, what I did to my brother, etc.)”
- “I will forget _____ (what my father did to me, what I did to my brother, etc.)”
- “I will never tell _____ (what happened to me, what I saw, what I did to _____, etc.)”
- “I will never forgive _____ (Dad/Mom, men/women, teachers, white people, pastors, etc.)”
- “I will get revenge/get them back/make them pay.”
- “I won’t ever trust _____ again.” (Mom/Dad, God, women/men, teachers, black people, etc.)
- “I will never love _____ again.” (Dad, Mom, a man/a woman, myself, etc.)
- “I won’t care about _____ (being excluded, being ignored, myself, anybody else, etc.)”
- “I won’t make another mistake.”
- “I will never make a mess.”
- “I will never be conspicuous.”
- “I will never disagree.”
- “I will be invisible.”
- “I won’t cause trouble – I won’t say or do anything that will cause trouble.”
- “I will never ask _____ (God, men, my parents, etc) for _____ (help, money, love, advice, etc)”
- “I will never ask another question”
- “I quit”
- “I will never try _____ again”
- “I’ll just keep my mouth shut.”
- “I will be good/I will never be bad.”
- “I’ll do it myself.”
- “I won’t do it myself.”
- “I won’t grow up.
- “I won’t cooperate
- “I won’t _____ (grow up, cooperate, forgive, etc.) until/unless _____ (he apologizes, they admit I was right, she makes restitution, this need gets taken care of, they agree to do it my way, etc.)”
- “I won’t get better until/unless _____ (they admit they were wrong, they take responsibility for causing the problem, they agree to do it my way, etc.)”

“I won’t let God heal me until/unless ____ (He promises it will never happen again, replaces what I lost, admits He was wrong to allow it to happen, etc.)”

“I will never be like ____ (my father, my mother, my family, etc).”

“I will never let my son/daughter/children see me ____ (lose, weak, humiliated, be wrong, etc).”

“I will never express an uncontrolled emotion or act on an impulse.”

“I will always be in control.”

“I will never get angry.”

“I will never enjoy sex again.”

“I will be cool at all costs.”

“I will never be _____ again” (poor, hungry, weak, beaten, lost, etc.)

“Give Back’s” (what we get from vows/from the enemy from making vows) *examples:*

being in control (appearance/illusion/feeling)

justice, fairness (appearance/illusion/feeling)

being stronger, more secure, etc. than we really are (appearance/illusion/feeling)

safety (appearance/illusion/feeling)

self-protection

self-sufficiency

superiority (appearance/illusion/feeling)

avoidance of responsibility for _____ (our needs, other’s needs, our behaviors, etc.)

avoidance of/protection from pain

avoidance of/protection from helplessness, powerlessness

avoidance of/protection from embarrassment, humiliation, shame

legalism

“Take Back’s” (what we give to vows/to the enemy through making vows) *examples:*

ability/freedom/option to make current, adult choices in each situation

experiencing and expressing emotions, including painful ones like fear, shame, etc.

remembering traumatic events

appropriate transparency and vulnerability

appropriate trust in relationships

appropriate intimacy in relationships

appropriate initiative

appropriate participation in taking care of ourselves

appropriate anger

appropriate confrontation

appropriate responsibility for _____ (ourselves, our families, others, etc.)

creativity

ability/freedom to take risks, make mistakes

seeing the truth

knowing the truth

telling the truth

freedom/option to forgive

freedom/option to reconcile

ability/freedom to be who we really are

ability/freedom to have and express your own opinion

ability/freedom to ask God/others for _____ (advice, help, love, etc.)

community

internal parts that have been exiled by this vow