Sinful Vows Worksheet

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 worksheet 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, 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 sinful vows with the material you have identified, and then return to the usual Theophostic-based healing process for the target memories and emotions. If your prayer minister and/or therapist 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.)”

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“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