



- WORKBOOK -



# Breaking Free

A Loving Path to Healing  
Spiritual Strongholds &  
Emotional Wounds

You are not alone in This Battle



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# Introduction

## The Weight She Carried

Elena sat on the edge of her bed, staring at the familiar cracks in the ceiling. Each line reminded her of the burdens she carried—memories of rejection, words that had wounded, and fear that whispered she would never be enough.

She had spent years trying to outrun the ache inside her heart, masking it with busyness, perfectionism, and isolation. But no matter how much she achieved or how many walls she built around herself, the weight remained. A voice deep within her told her she was broken beyond repair.

One evening, exhausted and desperate, she reached for the Bible that had sat untouched on her nightstand. She opened to a passage that she had heard long ago but had never fully believed:

📖 “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18  
Tears blurred the words as she whispered, God, are You really close? Because I feel so alone.

As she sat in silence, something shifted. She realized that she had spent years believing that healing meant fixing herself—that she had to be strong enough to overcome the wounds on her own. But the truth was, healing had never been about striving; it had always been about surrender.

Elena began to name the strongholds that had shaped her: fear of abandonment, shame from her past, the belief that love had to be earned. She slowly replaced each lie with truth.

📖 “You are fearfully and wonderfully made.” — Psalm 139:14  
📖 “I have loved you with an everlasting love.” — Jeremiah 31:3

Healing did not come overnight, but something remarkable happened—Elena stopped running. She leaned into God's presence, allowed His love to wash over her, and accepted that she was never meant to carry the weight alone.  
And for the first time in years, she felt lighter.

Healing is possible. It begins with understanding what has held you captive and replacing it with the truth of God's love. You are seen. You are known. And you are never alone.

# Understanding

## Spiritual Strongholds and Attachment Wounds

If you've ever felt weighed down by fear, shame, or deep emotional wounds, know this—God sees you. He knows your struggles, your doubts, and the pain you've carried for far too long. You don't have to walk this journey alone. Healing is possible, and it begins with understanding the strongholds that have held you captive and the attachment wounds that have shaped how you see yourself and others.

### Understanding Spiritual Strongholds & Attachment Wounds

Spiritual strongholds are deeply rooted thought patterns and behaviors that keep us bound—often linked to false beliefs about God, ourselves, or others. These strongholds, much like attachment wounds described in *Emotional Inheritance*, can stem from past trauma, generational patterns, or experiences that made us question our worth or God's love.

Attachment wounds develop when relationships in our early years lack security, leading us to struggle with trust, intimacy, and self-worth. These wounds can distort our ability to receive love—both from people and from God. They tell us, “You are unlovable. You are not enough. You will always be abandoned.” But those are lies, and God invites you into the truth of His unwavering love and restoration.

# Recognizing





## The Impact of Strongholds and Attachment Disorders

### Biblical Reminder:

- “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18
- “I have loved you with an everlasting love; I have drawn you with unfailing kindness.” — Jeremiah 31:3

### Recognizing the Impact of Strongholds & Attachment Disorders

These wounds don't just sit silently in our hearts—they show up in how we live, love, and see ourselves. They can manifest in:

- Fear of Abandonment or Rejection — Feeling like people will leave, or that God has forgotten you.
-  “Never will I leave you; never will I forsake you.” — Hebrews 13:5
- Difficulty Trusting Others or God — Struggling to believe in love, goodness, or safety.
-  “Trust in the Lord with all your heart and lean not on your own understanding.” — Proverbs 3:5
- Cycles of Shame, Guilt, or Self-Doubt — Feeling stuck in past mistakes or unworthy of healing.
-  “There is now no condemnation for those who are in Christ Jesus.” — Romans 8:1
- Struggles with Intimacy and Vulnerability — Avoiding connection out of fear of hurt or rejection.
-  “Perfect love drives out fear.” — 1 John 4:18

God does not want you trapped in these cycles. His love is bigger than any stronghold, and His truth is stronger than any lie you've believed.



# Identifying Root Causes

To begin healing, gently ask yourself:

What recurring struggles  
feel impossible to change?

Are there thoughts or behaviors  
that keep repeating no matter how  
hard you try to shift them?

How have past experiences shaped  
your current fears?

Do childhood wounds or past  
relationships impact how you see  
yourself and your worth?

Are there lies about God, yourself, or  
others influencing your thoughts?

Have you unknowingly believed that  
God is distant, that you are  
unworthy, or that healing is out of  
reach?

**HEALING HAPPENS WHEN  
WE BRING THESE WOUNDS  
INTO THE LIGHT OF GOD'S  
TRUTH.**

*Be transformed by the renewing  
of your mind.” – Romans 12:2*

Notes:

## Biblical Strategies for Healing & Renewal

Healing is possible. It begins with understanding what has held you captive and replacing it with the truth of God's love. You are seen. You are known. And you are never alone.

You are not meant to carry these burdens alone. Healing comes through God's truth, grace, and the steps we take toward freedom.

### Scriptures for Encouragement:

- “The weapons we fight with... have divine power to demolish strongholds.” — 2 Corinthians 10:4
- “We take captive every thought to make it obedient to Christ.” — 2 Corinthians 10:5
- “I will restore you to health and heal your wounds.” — Jeremiah 30:17



# Applying Biblical Principles for Healing

## Time to Take Action

Replace the lies you've believed with the words God speaks over you. Write down scriptures that remind you of your worth.

📖 “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” — Romans 12:2

### Embrace Your Identity in Christ

Your trauma does not define you. God's love does

📖 “You are fearfully and wonderfully made.” — Psalm 139:1

### Practice Forgiveness & Gratitude

Letting go of past hurts brings freedom—both for you and for those who have hurt you.

📖 “Bear with each other and forgive one another...as the Lord forgave you.” — Colossians 3:13

### Seek Support & Community

Healing happens in safe, loving relationships—whether through counseling, prayer groups, or trusted friends.

📖 “Plans fail for lack of counsel, but with many advisers they succeed.” — Proverbs 15:22

# Moving Forward In Faith

## Lean Into God's Unchanging Love

No matter what has happened, you are deeply loved and never abandoned.

📖 “For I am convinced that neither death nor life... nor anything else... will be able to separate us from the love of God that is in Christ Jesus.” — Romans 8:38-39

Breaking free from strongholds and attachment wounds is a journey, but you are not alone. God walks with you through every step, offering healing, redemption, and restoration. His love is greater than inherited pain, and His truth can restore what feels broken.

💛 Reflection: What is one stronghold or attachment wound you can surrender to God today?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.





# Resources To Review

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## 1. What is Attachment Disorder?

a. Read: Attachment Styles + Workbook 2-in-1: Practical Solutions and Tools to Transform Anxious, Avoidant, and Disorganized Behavior Patterns to Secure Lasting Relationships

b. You Tube:

<https://youtu.be/WjOowWxOXCg?si=m339c8M0josySgHI>

## 2. What is a Stronghold?

a. Read: Derek Prince: Pulling Down Strongholds (pocket size): Mighty Weapons for Spiritual Warfare

b. YouTube:

a. <https://youtu.be/owF24l04Da4?si=s29-km2WpGioa4tk>

3. How to move in faith Read: Pulling Down Strongholds: Destroying the Enemy's Grip, Conquering Hidden Forces and Unlocking Your Divine Potential

