



Unlocking Your Shift

Steps to Overcome Trauma

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Foreword by Shun Tomlin:

Emergence – Overcoming Trauma and Embracing My True Identity

There comes a moment when pain no longer holds you captive, when the weight of the past no longer defines your future. Emergence is that moment. It is the bold step out of trauma and into truth, the transformation from merely surviving to fully living.

For so long, trauma may have distorted your reflection, making you question your worth, your identity, and your purpose. But healing is not erasure – it is reclamation. It is standing firm, acknowledging the battles you’ve fought, and choosing to rise anyway.

This book is more than words; it is your healing guidebook and workbook, created to help you move through pain into purpose with both knowledge and action. Through scripture, reflections, and interactive exercises, this workbook provides the tools for deep healing and identity reclamation. Healing is layered; it unfolds in rediscovered joy, in fragments, in whispers of courage, in quiet victories. But through it all, you are not alone.

Your journey is about embracing the fullness of who you are, unburdened by shame, strengthened by the truth, and guided by faith.

Within these pages, you will find:

- Faith-based truths to anchor you in hope and renewal
- Guided reflections to help process past wounds and gain clarity
- Practical exercises designed to break chains and step into freedom
- Identity-building prompts to strengthen self-awareness and confidence
- Encouragement for every stage of your healing journey

This is your invitation to rise, to reclaim your voice, and to step boldly into the person you were always meant to be. You are worthy. You are whole. And your story is far from over.

Let’s begin!

Introduction

This workbook came to be after many years of God gently prompting me to write down the ways He has taught me to facilitate healing.

Much of what you'll read has been shaped by over 35 years of ministry and my work as a Licensed Clinical Professional Counselor. Yet the most profound understanding didn't come from textbooks or training. It came through my own journey and personally walking through healing after experiencing trauma and unexpected SHIFT in my family.

I want to give special acknowledgment to my mentor and dear friend, Barb, whose compassion, wisdom, and prayerful guidance helped bring deep healing and understanding into my life. Through her example and spiritual gifting, we learned how to recognize the *internal family of parts*, and how to invite God into the process of restoring those wounded parts to wholeness.

I also want to thank my beautiful daughter, Jessica, who came alongside me every step of the journey – sharing her creativity, organization and editing skills to make this project possible.

This workbook is not intended to be a psychological thesis or a substitute for therapy. Rather, it reflects the practical, Spirit-led healing work that I've had the privilege to facilitate - both personally and professionally.

As you move through these pages, please remember that self-guided healing has its limits. Our insight and understanding can only take us so far on our own. If, at any point, the exercises or reflections in this workbook stir up strong emotions or memories, I encourage you to reach out for support from a mentor, pastor, professional counselor, or psychiatrist. If you are currently in personal danger, reach out for immediate help. Healing is not meant to happen in isolation – it is most powerful when shared within safe, supportive relationships.

Use this book as a companion on your journey - a gentle guide to help you connect more deeply with your inner world, and to experience the presence of the Holy Spirit as He brings truth, freedom, and restoration to every part of your being.

"He who began a good work in you will carry it on to completion until the day of Christ Jesus."
– *Philippians 1:6 (NIV)*

Who Will Benefit From This Workbook?

YOU!

“When Shift happens!”: In life, everyone will experience some kind of unexpected, and sometimes traumatic, SHIFT. No matter how much money, status or “happiness” we may have – or appear to have - life brings difficulties and struggles.

Most people think of **trauma** as something dramatic that happens in life – like a terrible accident, crime, natural disaster, or war. Big traumas often include events such as death, divorce, abuse, or other life-altering experiences.

But the truth is, everyone goes through distressing events – shifts. Over time, these struggles can build up and create trauma responses, even if they don’t seem “big enough” to count as trauma. We can refer to these types of traumas as “big ‘T’” and “small ‘t’” traumas.

Big “T” Traumas:

- Major, overwhelming events such as: War or violence; Fire or natural disasters; Death or divorce; Physical, mental, emotional, or sexual abuse.

Small “t” Traumas:

- Repetitive, uncomfortable, or unhealthy experiences such as: Being consistently put down or criticized; Neglect or lack of emotional support; Difficult relationships with friends or family; Living in a dysfunctional or unpredictable environment; Financial stress.

Key Takeaway

- Whether big or small, every form of trauma can deeply impact:
 - How we see ourselves
 - How we relate to others
 - How we move through the world

No matter what your life experiences have been, the healing process outlined in this workbook will help you *unlock your healing shift* and step into freedom.

How Do I Know If I've Experienced Trauma?

One of the most common signs of trauma is **feeling triggered**—when something in the present stirs up painful emotions or body reactions connected to a past event.

Other symptoms can include:

- Anxiety or a sense of dread
- Difficulty sleeping or frequent nightmares; flashbacks; invasive thoughts
- Emotional numbness or detachment
- Feeling “on edge” or hypervigilant, always waiting for the shoe to drop from the sky
- Sudden anger, irritability, or mood swings
- Avoiding certain people, places, or situations
- Struggling with focus or memory, feeling emotionally numb
- Physical symptoms such as headaches, stomach issues, or fatigue

Reflection & Journaling Prompts

- When you think about your own life, what events – big or small – stand out as especially difficult or distressing?
- Which of the trauma symptoms listed above do you notice most often in yourself?
- How do you typically respond when you feel triggered? What helps you calm down or feel safe?

To truly heal from trauma, we must not only remember ***what happened to us***, we must also explore ***what happened within us***. Healing requires unpacking how trauma shaped our inner world, and inviting God into those places so restoration can begin.

Prayer

“Father, open my heart and mind to receive You. Let Your light enter into my innermost being so that I may be healed, healthy, and whole. Give me the courage to explore my inner world and to let You in. In Jesus’ name, Amen.”

Your Family of Parts: A Journey into our Inner World

*"For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well." – Psalm 139:13-14 (NIV)*

Each of us carries an **inner world** – more vibrant and complex than we often realize. At times, we may feel strong and confident, while at other times, uncertain or self-critical. We listen to messages bombarding our minds every day, telling us who we are. Everything from encouraging messages like, "you got this" and "you're a rockstar" to the critical script inside our brain saying, "you're not good enough" or "you're a failure". Some days we wake up feeling on top of the world and others, feeling like a mess or like we are nothing.

Internal conflict is a real thing! For example, if I decide to go on a diet, I might read an article on how to lose weight. I may even plan a menu and go to the grocery store and be determined to be really "good" about what I eat. By the time I am a few days (or hours) into my journey, I begin to hear my inner voices debating about what I want to eat. The pastries at the coffee shop begin to look really, really delicious. And before you know it, I am making a bargain with myself to start my diet tomorrow!

God's word makes it clear that we are His creation. We are wonderfully **made in God's image**, a piece of art that He designed, with a complexity to match His and a personality full of feelings, desires, thoughts, hopes and dreams. We are not robots, following a set of concrete instructions, but instead, we are given free will.

Within each of us lives an **internal system** - a *family of parts* that make up who we are. We weren't designed to be robotic or one-dimensional. Just as God lovingly *knit you together* in your mother's womb, He wove into your being a rich tapestry of **thoughts, emotions, desires, and instincts**.

Your "inmost being," as Scripture calls it, isn't one single voice but a **collection of parts**, each with its own perspective, purpose, and story to tell. Think of your internal self as being like a family, with every part of the family being important and having a valuable role in your personality. Just like in our families down here, we have a Mom and Dad who are the leaders in the family and children who are full of life and personality who are taken care of by the parents. In our family of parts, we also have upfront parent parts whose role is that of "parenting" our system and kid parts who carry the deeper feelings and drives, and who need to be loved and attended to by our parent parts.

The Roles Within Our Family System

Think of your **FAMILY OF PARTS** like a family sitting around a round table. In a healthy family, each part works together cooperatively in the family, and each part has voice to speak up and share their thoughts, feelings and concerns. Decisions are made that are healthy for the well-being of the whole family.

THE PARENT PARTS:

- Up front, presenting parts. The “you” that you present to the world.
- Decision makers, conscious self

Most of us go through our daily life, living through the lens of our **PARENT PARTS**, our conscious, decision-making selves. Our up-front parent parts direct our comings and goings, getting us out of bed in the morning, directing us through our daily routine, thinking and making decisions as we walk through our day. They take on different roles as they face different situations, from parent to teacher, to friend, lover, coworker, boss, acquaintance and so forth. For example, the way we talk to our classroom as a teacher is going to sound quite different than the way we talk to a 4-month-old baby trying to get them to giggle. We naturally adjust and make healthy changes as we navigate different situations and interact with different people.

Often, our up-front parts are unaware of the deeper children parts in the family system. We are concentrating on work, schedules, and life, seeing things from a practical perspective rather than listening to the deeper children’s feelings and needs. Most of us are busy thinking and doing and not paying too much attention to our inner selves.

When an unexpected SHIFT happens: *The upfront parts go into shock and hunker down to minimize the damage. We may freeze in fear, run in panic, or fight back – anything to keep the system going. We silence the pain and avoid the hurt. Instead of listening to and attending to the deeper traumatized parts, the up-front parts (sometimes without even realizing it) may begin to “control” the system, alienating the injured parts in an attempt to feel better.*

THE DEEPER CHILDREN PARTS:

- Deeper parts – further into the subconscious self
- Feelings are felt deeper, lower in the body, in the chest or gut
- Responsible for deeper drives, such as hunger, survival, and sex

Our deeper **CHILDREN PARTS** are the parts in our family system that carry our deeper feelings and drives, giving us fullness and depth to our personality, allowing us to experience life in a beautiful and passionate way. These deeper parts are where we experience deep love and anger and where our hunger, sexuality and survival instincts are found. They are what many refer to as our “gut instincts”, because we often notice our deeper feelings in our chest and abdominal areas of our body. These children parts of us drive our personality from under the surface, sometimes felt as a nudge or impulse.

In my example about dieting, my deeper parts would be the ones responsible for my craving the pastry and may even have me picking up a juicy bite of goodness almost out of instinct. I may have it fully in my mouth by the time my up-front parts are even aware that I’m “breaking my diet”.

These parts are deep within our system, in our “subconscious self”, sometimes operating without the upfront parts even recognizing them or realizing how they are influencing their decisions. The children parts hold raw emotions and can express these emotions authentically. They are tender and often vulnerable. Our up-front parent parts can become more and more aware of our deeper parts as we listen to and attend to our subconscious selves, our “innermost being”.

When an unexpected SHIFT happens: *These deeper children parts may be silenced or “kicked out of the circle” so that the family system can survive. The rest of the family of parts functions and goes on with life by pushing down the deeper parts’ feelings and avoiding their pain, hurt, fear, anger, lust, or shame. These deeper parts can be stuck carrying painful memories and feelings, and can hold onto false, negative beliefs such as, “I’m not good enough” and “it’s my fault”. Sometimes, these suppressed or cut off deeper children parts can seem to come out of nowhere and take over our family system when we get triggered or overwhelmed.*

THE CORE PARTS:

- Central parts – the heart of our personality
- Loving and Angry parts work together to embrace and balance each other

Loving Parts: The inner self, the core of our being, **created in the image of our LOVING GOD**. These are the precious parts of us who love deeply, who seek connection, who are filled with joy and wonder, and who trust easily and forgive freely. Our loving parts are truly the most significant part of our entire family system– this is the part of you that is created to be in relationship with God and with one another.

Angry/Protective Parts: The inner self who loves and guards our loving part, sticking by the loving part's side and making sure we don't get hurt. These are the defensive parts of our system who are strong, wise, courageous and can sense trouble way before the rest of the family of parts see it coming. These parts are created in the image of our **JUST GOD**. They strive to uphold the rights of the family system and warn us when something is wrong – that gut feeling we get when we know something is amiss.

These core parts are joined hand in hand: In a healthy system, our loving and angry parts will work together, like **ying and yang**. The loving part leads with love, and the angry part is a half-step behind, guiding and encouraging the loving part and giving strength to the whole family system. Just like a watchful bodyguard, the angry parts are always alert, discerning and speaking up when there is a threat to the system.

When an unexpected SHIFT happens: *Trauma can separate these two - causing a breakup in the core of our system. The angry part can flare up and overpower the love, or the loving part can flounder without the wisdom or protection of the angry part.*

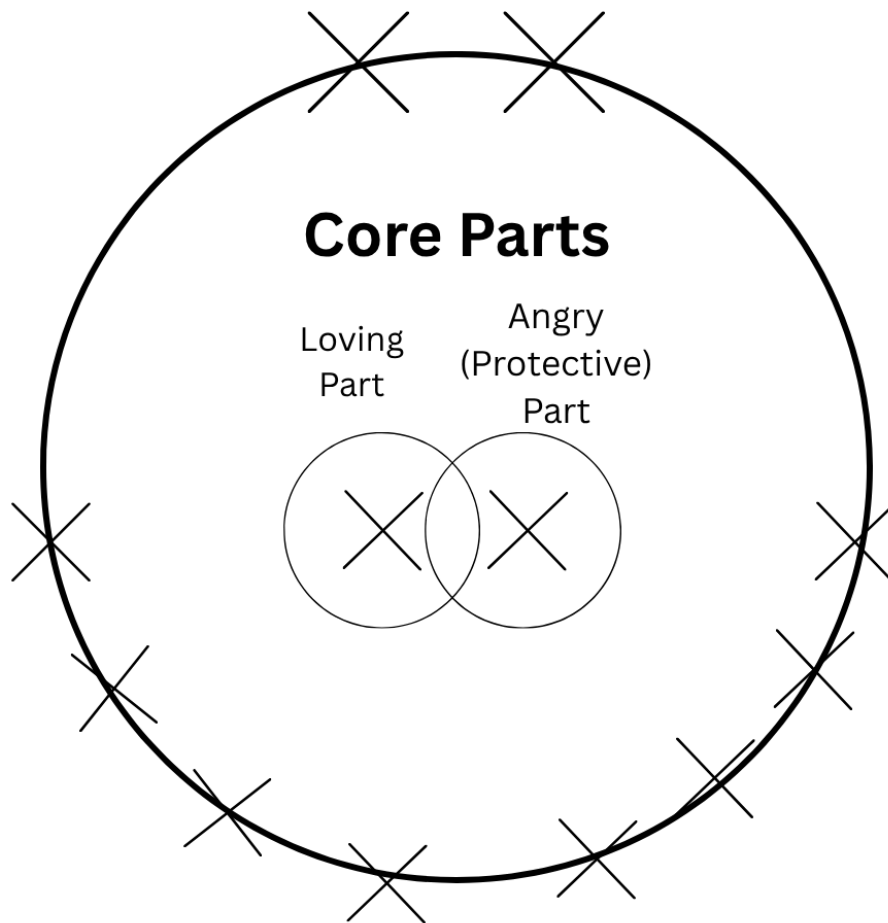
But healing can reconnect our core parts, letting love lead and anger discern.

Reflection & Journaling Prompts

- Look internally at your own family of parts. How were they influenced by your family? Did you grow up in an environment where there was a lot of control? Chaos? Who did you feel safe with?
- Which of your 'parent parts' tend to show up most often in daily life?
- What messages might your 'child parts' still be holding from the past?
- How do your 'core parts' (loving and angry protector parts) work together in times of stress?

Healthy Family of Parts

Parent Parts



Children Parts

Each part cooperates together

Each part has a voice

Parent parts listen to and care for the children parts

No part is ignored or neglected

Nobody keeps a secret (internal honesty)

WHEN UNEXPECTED SHIFT HAPPENS:

The Wounded System

When we go through trauma—whether a sudden shock or repeated emotional injury—our parts are deeply affected. Like members of a family experiencing crisis, some parts try to protect us, while others absorb the pain. Some hide. Others may step into roles they were never meant to hold, simply to keep us functioning.

Trauma fragments our system. We may disconnect from ourselves, creating walls and compartments inside our system to shut down the pain. We may sense that something inside is off – feeling numb or paralyzed, but we don’t know how to fix it.

Or we may feel **reactive**, on edge, or stuck in **confusion**. Our inner voices may begin to **criticize**, pull back, sabotage, or plead to be noticed.

Some parts rise up to protect us but can take over our system in an unhealthy way. Others go silent and disappear into the background.

Our loving parts may become scared to come forward, hiding in their shell so that they “won’t get hurt.” **Our angry parts may become overreactive**, defensive, self-critical or sometimes shut down altogether, hiding in silence. Some parts carry emotional burdens that aren’t even theirs to hold - shame, fear, guilt, or a traumatized sense of self that belongs to what happened **to** us, not who we truly are.

But here’s the good news: even now, every part of you still has a place. No matter how long they’ve been hidden or dormant, God sees them. Healing is the invitation to come back to the table and to let every part speak, be known, and find rest.

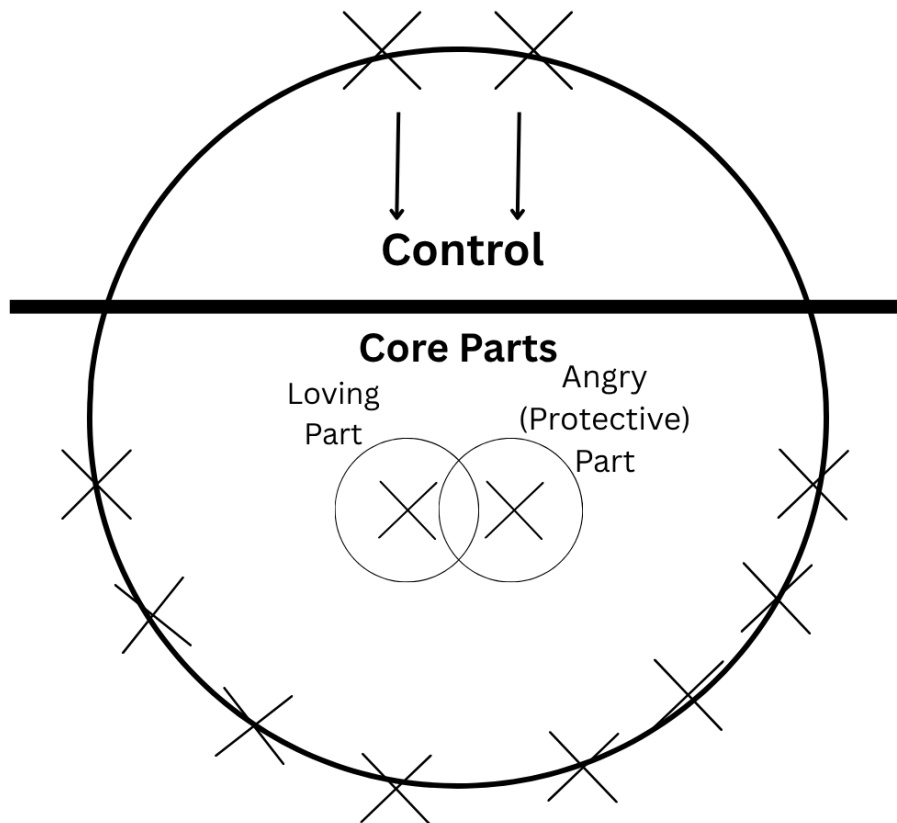
Types of Wounded Systems

When an unexpected SHIFT happens: Our internal “family of parts” can become disoriented or wounded. Different types of **maladaptive systems** may emerge as each part struggles to adapt or regain control. The **following examples** show how imbalance and disruption can affect our inner family system.

These examples are not mutually exclusive; they can overlap, evolve, and even shift throughout a person’s lifetime depending on various factors such as healing, new experiences, spiritual growth, or additional trauma. As we continue our journey toward wholeness, these internal systems can also reorganize and heal under the guidance of the Holy Spirit and intentional self-reflection.

The Controlled System

Parent Parts



Children Parts

Children parts are suppressed and controlled

Limited expression

The Controlled System

When an unexpected SHIFT happens: The parent parts CONTROL the system.

A common response to trauma is the desire to control yourself, your surroundings, and your situations as a way to feel “safe.” In a controlled system, the **parent parts dominate** over the deeper parts, keeping them under tight control. Feelings, thoughts, memories, and behaviors from the inner system are **suppressed, silenced, or rejected**. Yet this control does not bring healing or true safety.

This suppression often shows up as **perfectionism and rigidity**, driven by an underlying fear: *“If I don’t control my parts, everything will fall apart.”* The child parts who are forced into silence end up feeling **isolated, anxious, and depressed**.

On the outside, a controlled system can look “put together.” To others, it may appear that everything is fine. But beneath the surface, the trauma remains unresolved, and the person carries hidden feelings – often pain, anger, shame, and guilt.

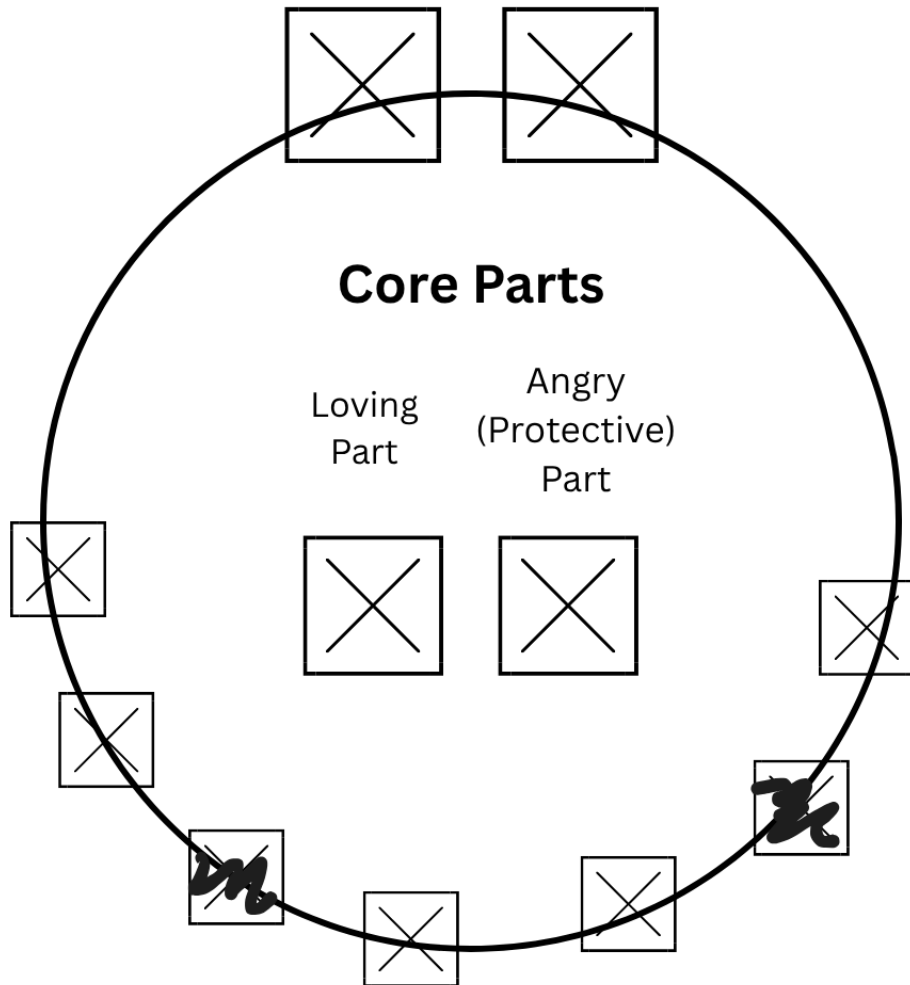
Healing for this system requires learning to **release control in safe and gradual ways**, allowing the deeper parts to express their pain and truth. As the parent parts begin to lead with compassion rather than fear, the system can rediscover balance, trust, and authentic safety.

Reflection & Journaling Prompts

- In what areas of my life do I try to maintain control to feel safe?
- How does my need for control show up in my relationships or daily habits?
- Which parts of me might be silenced or ignored when I’m striving to appear “put together”?
- What would it look like to invite compassion and grace into the places I tightly control?
- How can I begin to trust God and allow Him – and not my fear -- to lead my internal system?

The Compartmentalized System

Parent Parts



Children Parts

Lack of communication between parts

Different parts operate independently and some may be suppressed

The Compartmentalized System

When an unexpected SHIFT happens: Every part is left on their own.

In a **compartmentalized system**, there is **little to no communication among the family of parts**. Different parts take turns ruling the system and may compete for control, while others are suppressed or forgotten. From the outside, a person with a compartmentalized system may appear very different depending on which part is “up front” at any given time.

Someone once described it this way: *“I never know what they’re going to look like when they walk through the door.”* This reflects how the lack of internal connection can cause shifts in personality, tone, or behavior, depending on which part is leading at the moment.

People with a compartmentalized system often struggle with a lack of self-awareness, forgetfulness, and difficulty concentrating. They may:

- Feel lonely or depressed
- Look to others to fill the gaps left by a lack of internal unity
- Feel disjointed, indecisive, or unable to follow through
- Forget things easily or act in passive-aggressive ways
- Struggle to concentrate or stay focused

Because there is no cohesive inner dialogue, the system cannot communicate or cooperate effectively.

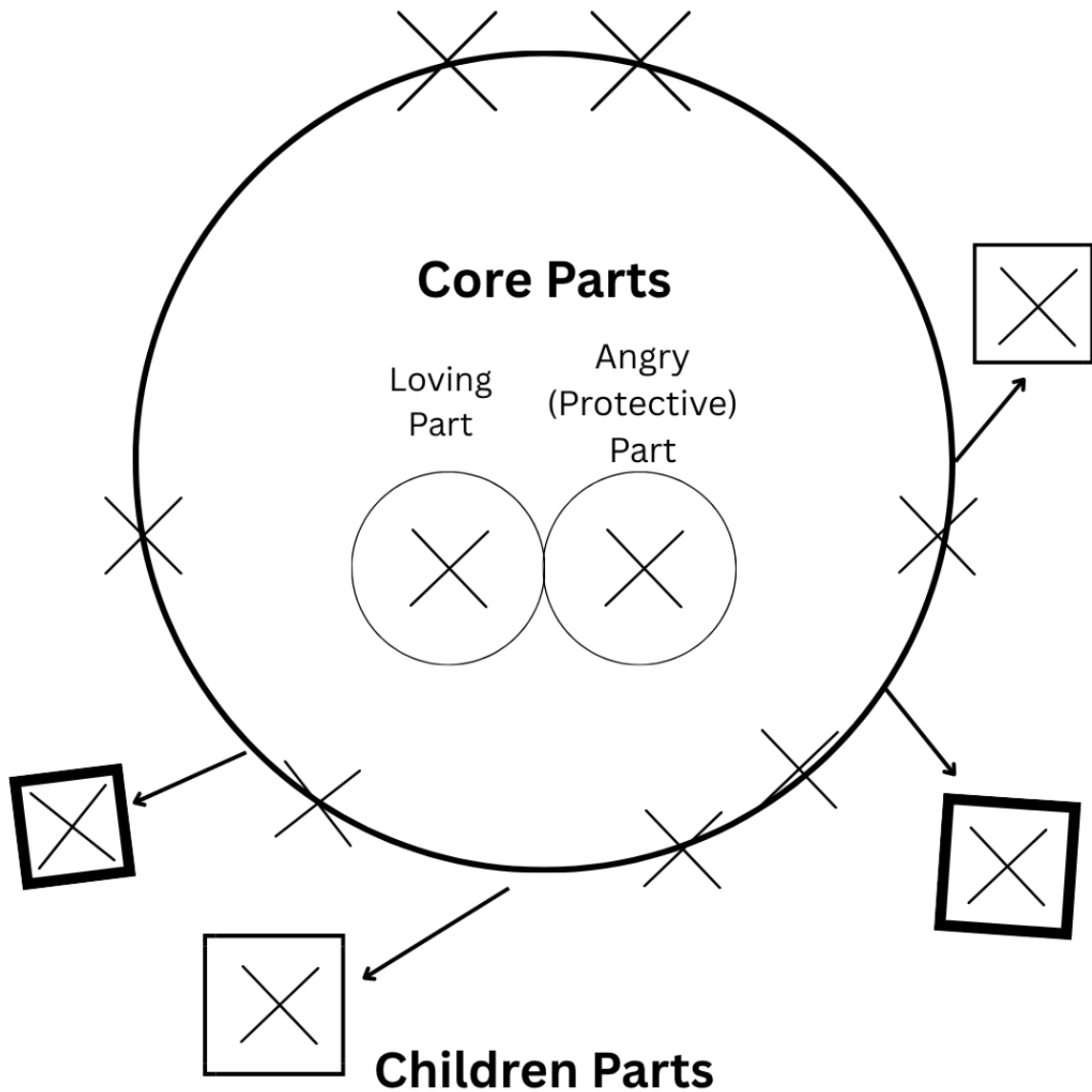
Healing for this system requires reestablishing **connection and communication** among the family of parts, helping them learn to trust and work together again.

Reflection & Journaling Prompts

- When do I notice different “parts” of me showing up in different situations?
- Are there parts of me that rarely get heard or seen?
- What happens inside when I try to connect with or listen to those parts?
- How does it feel when I am disconnected from myself or unsure which “me” is in charge?
- What small steps can I take to invite my parts into connection and cooperation again --with each other and with God’s presence guiding us?

The Fragmented System

Parent Parts



Some parts are alienated from the system

These parts often carry the pain and memories from trauma

The Fragmented System

When an unexpected SHIFT happens: traumatized parts are cut out of the circle.

In a **fragmented system**, one or more of the deeper child parts become **detached from the family of parts** - from what we might call the *"round table of communication."* When a part gets cut off from the circle, it becomes isolated in a kind of *"never, never land,"* unable to connect with or assist the rest of the system in functioning as a whole.

As a result, the family of parts suffers from a lack of cohesiveness and a deep sense of emptiness - feeling incomplete or "not fully themselves." These cut-off parts carry the **pain, shame, or memories** that once felt too overwhelming or frightening for the system to hold.

While the rest of the family of parts goes on living life, these exiled parts are **forgotten, silenced, or left dormant**. No matter how deeply we bury them or try to suppress their feelings, they remain a part of us, **influencing us on a deep and often subconscious level**. They continue to carry:

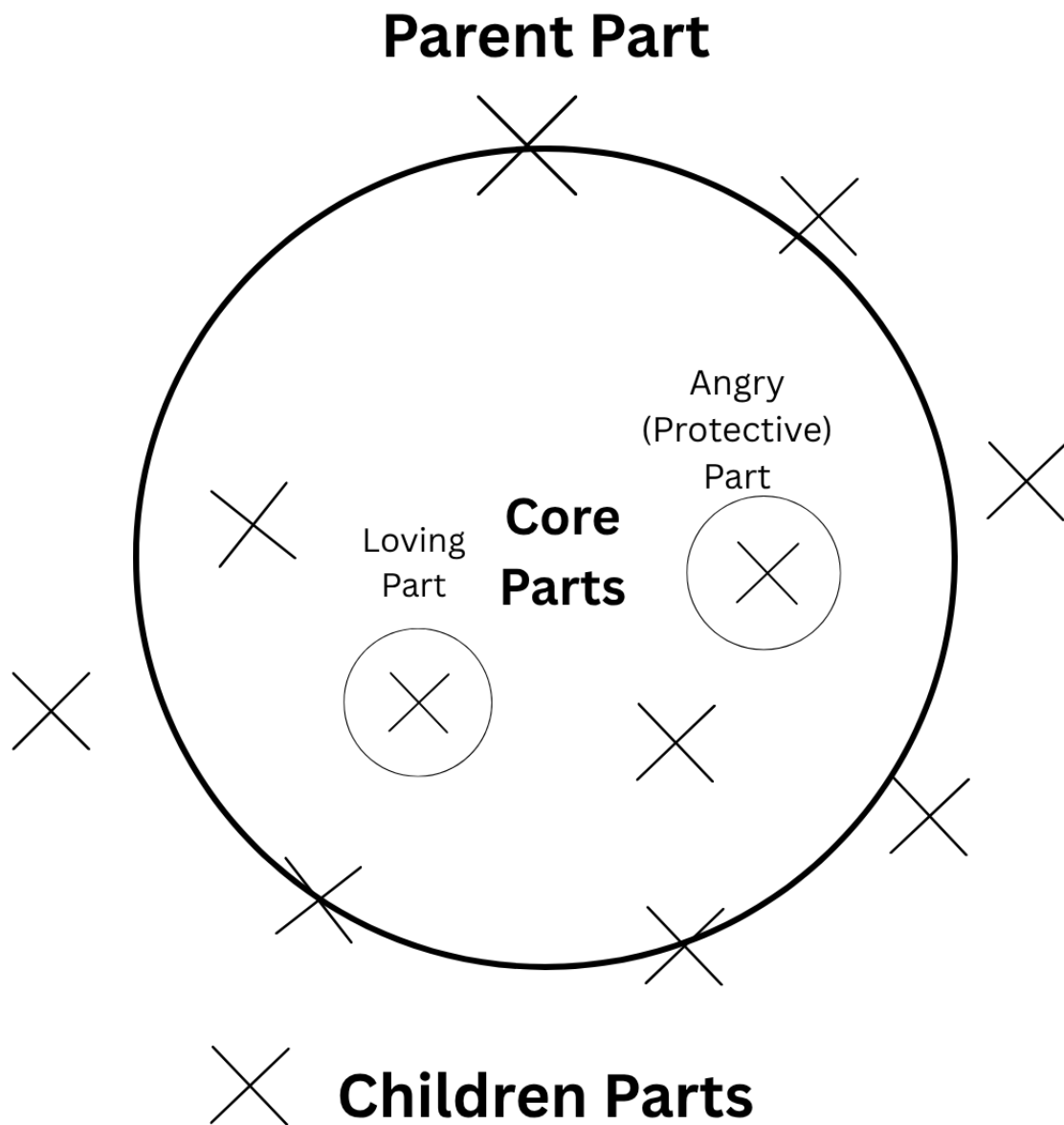
- The memories of what happened
- The feelings connected to it
- The lies and unhealthy beliefs acquired during those painful experiences

Healing for this system requires gently reconnecting with these fragmented parts in a safe and compassionate way, **rescuing them** and breaking down the walls and barriers that have kept them isolated. Healing happens as the family of parts invites these estranged parts back (one at a time as the Lord leads), helping them to share their pain, and to release the lies they've carried and to embrace the truth. As the family of parts becomes whole again, the person experiences greater integration, peace, and authenticity.

Reflection & Journaling Prompts

- Are there parts of me that feel cut off, forgotten, or hidden away?
- What emotions or memories do I tend to avoid or push down?
- When I imagine inviting these parts back to the circle, what do I feel?
- What truths or comforts from God might these exiled parts need to hear?

The Disorganized System



Parts are not operating together as a whole

This leads to scattered thinking and internal chaos

Emotional dysregulation

The Disorganized System

When an unexpected SHIFT happens: the child parts run the show.

In a **disorganized system**, the family of parts responds to trauma with **internal chaos and emotional dysregulation**. The once-stable parent parts, those responsible for decision-making, self-regulation, and direction, become wounded and overwhelmed. When the parent parts lose their ability to lead, the child parts, still operating from fear and unmet needs, take over.

The child parts become easily triggered by each situation and feel like victims of their circumstances. They are like a ship tossed to and fro with every wave and wind around them, and their emotions can send the system spinning in different directions. The whole of the person may feel out of control, inconsistent, or confused about why they react so strongly to small things.

In this state, the child parts (carrying the memories, fears, and survival strategies from earlier in life), try to manage adult responsibilities they were never meant to handle. They may act impulsively, shut down, lash out, or desperately seek comfort in unhealthy ways. The parent parts, meanwhile, often feel powerless, self-critical, or incompetent.

Healing for this system requires inviting the wounded parent parts to **recover their strength** so they can attend to their parts, bringing stability, comfort, and direction back to their family of parts. This disorganization doesn't mean failure - it means the system is doing the best it can with the resources it has.

Reflection & Journaling Prompts

- When do I notice my internal “ship” feels tossed by emotions or circumstances?
- Which parts of me tend to take over when I’m triggered or overwhelmed?
- How can I invite my internal “parent parts” to re-engage and bring calm or wisdom to the situation?
- What might it look like to bring God’s peace into the chaos within me?

Healing the Wounds Within – Overview

*“He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,
to comfort all who mourn,
and provide for those who grieve in Zion—
to bestow on them a crown of beauty instead of ashes,
the oil of joy instead of mourning,
and a garment of praise instead of a spirit of despair.”
Isaiah 61:1–3 (NIV)*

You don’t need to fight your parts. You need to listen to them, understand them, and embrace them. Each part of you has a story to tell – **and this is YOUR story.**

A healthy family of parts is not one where everything is perfect – but one where every part has a voice and a role, and the system is led by compassion, not by fear or shame.

You were designed with complexity on purpose. And every part of you is worthy of care, attention, and healing.

Prayer to Begin

“Lord, help me to understand my family of parts and to listen with compassion to each one. Give me courage to face truth, strength to lay down fear and control, and wisdom to walk in freedom. Heal what has been wounded and unite what has been divided. Lead me through this process with grace and gentleness. In Jesus’ name, Amen.”

Healing is about bringing all of your family of parts back into unity and alignment, led by love. It requires gentleness, patience, and a willingness to allow God to meet you where you are. Each step helps you reconnect with your inner world and invite truth, compassion, and integration into your story.

Each step of the way, we invite Jesus to come and attend to our parts and to bring truth, healing and deliverance. **There is always hope - because God is a God of redemption.** Healing allows each part to reestablish connection, reclaim their true role, and embrace their God-given identity.

Steps to the Healing Process

Listen and Attend to Your Inner Parts

Your parent parts must take on the role of loving, attentive caregivers to nurture your deeper parts back into belonging. Begin by noticing what is happening inside. Listen for the voices, emotions, or sensations that may be crying out for attention. Allow space for honesty without judgment.

Lay Down Fear and Control

Healing begins when we surrender the need to manage everything. Trust that God can hold the parts of you that feel unsafe, uncertain, or afraid.

Rescue and Reconnect with Cut-Off Parts

Some parts of you may have been exiled or silenced. Invite them back into awareness and let them know that you care about them and that they are seen and valued. Ask the Lord to help you to reconnect with them so that you can hear their stories.

Listen to Your Inner Parts' Stories and Process their Feelings

Listen to the stories of your inner parts, especially those that have been cut off. Connect with and process their feelings and comfort them. Here you may need to work through your anger and hurt, pain and any other emotions that surface. Remember that the Lord is with you, walking you through anything that might surface.

Break Internal Agreements and Release Burdens

Expose and break the lies, vows, generational patterns, and unhealthy ties that have kept you and your family of parts bound. Renounce these agreements and replace them with truth. Work toward forgiveness and ask the Lord to help you to release your hurt, anger, pain, lust, and unbelief.

Embrace Truth with Your Whole Heart

Allow God's truth to become your anchor. Accept His love and guidance as you let go of false beliefs and step into freedom.

Integrate and Bring Your Family of Parts Together

Healing comes as your parts begin to work together under guidance and direction of the Holy Spirit. As unity is restored, peace and clarity return to your inner world.

Spiritual Tools to Unlock Your Shift

Before you walk through the healing exercise that will follow, here is more understanding that God can help you use as tools to fully unlock your healing.

Renouncing Lies and Embracing the Truth

When an Unexpected shift happens: Your deeper parts may have been cut off, suppressed, disoriented and/or forgotten about. In some cases, your wounded parts have been “stuck” for years. They not only become burdened with unwanted memories and emotions, but they also are stuck with **beliefs** about what happened to them that are based on their perspective at the time of the trauma. As children, we assume everything is our fault. We take on responsibility and culpability that doesn’t really belong to us. These negative beliefs may feel dark or painful. But **exposing and rejecting these false beliefs (lies) and embracing the truth brings healing.**

These deeper parts may **believe lies like:**

- *It was my fault.*
- *I’m dirty.*
- *I’m not good enough.*
- *Something’s wrong with me.*

Often, they carry the guilt and shame that belongs to the abuser or the traumatic situation rather than to the part. When trauma occurs early in life before the brain is fully developed, children often assume that bad things happen because of their own shortcomings.

- Parents divorce? *It must be because I wasn’t good enough.*
- Abuse occurs? *It’s because I disobeyed.*
- Neglect? *It’s because I wasn’t kind, quiet, or controlled enough.*

When we believe lies from the enemy, we cannot live out our true purpose that God has for us. Lies are an open door to the enemy and can wreak havoc in our lives and relationships. As you work through your healing process, you will invite Jesus to help you see the lies/false beliefs that your parts have adopted. Then, you will renounce the lies out loud in Jesus’ name, breaking the power the enemy has over your parts through those lies. **Once the parts are freed from the lies, they can receive the truth from God and begin to walk in their true identity.**

Appendix A will help you walk through the renouncing of many common lies and state the truth that will bring healing to your family of parts.

Internal Agreements with the Enemy

Sometimes, without even realizing it, our wounded parts accept the lies whispered by the enemy and make contracts with the enemy. These may come in the form of **agreements, inner vows, or promises** made in moments of pain. At the time, they may have felt like a way to protect ourselves, but the enemy is a wolf in sheep's clothing, offering false comfort that leads to bondage rather than healing.

God calls us to **break every unhealthy agreement, vow, partnership, or unhealthy tie and choose life instead.**

"This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live." – Deuteronomy 30:19 (NIV)

When you renounce and command the destruction of the vows (agreements, partnerships or unhealthy ties) your parts made – knowingly or unknowingly, willingly or unwillingly – the enemy's hold on your parts is broken and **you can move forward in freedom**. When the vows are broken, you will be able to make the healthy choices God wants you to make instead. For example, when we break free from the inner vow to "give up" we can now "choose life". This will truly be life from the dead and will allow you to live victoriously in God's divine purpose for your life.

Appendix B is written to lead you through the renouncing of common vows and replacing those with choices that bring life.

Facing Spiritual Warfare

When we begin pressing into our deeper inner parts, we may encounter spiritual strongholds that feel like barriers. Sometimes these manifest as a cloud of confusion, a sense of dizziness, or even a sudden ache or pain in the body. **Don't panic.** This is not a sign of failure – it's often evidence that deep spiritual work is happening.

Remember: **we carry the authority of Jesus Christ.** We have the right to expose, remove, and destroy any principality or power of darkness that attempts to interfere with the healing the Lord is doing within us.

Command:

“In Jesus’ name, I command that any and every interference, demonic stronghold, or entity now be exposed, disempowered, accurately identified, removed, destroyed and prevented.”

Then pause, watch, and listen. The Lord is faithful to reveal anything that needs to be brought into the light and to remove it. As you continue renouncing lies and breaking inner vows, notice how your burden lifts and clarity returns to your part that was once oppressed. **Freedom always follows truth.**

Dealing with Generational Strongholds

We each come from generations of ancestors – some who walked closely with God and others who did not. Whether we realize it or not, the choices of those before us can leave spiritual residue that influences our lives today. But take heart: **you hold the key to change the trajectory of your family line.**

“You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.” – Exodus 20:4–6 (NIV)

It is fitting to grieve for those who came before us - those who did not know the Lord or who followed the gods of this world. Yet today, you have a new choice: to love, worship, and serve the one true God. When you declare your allegiance to Him, He renews your heart and places His Spirit within you.

Prayer:

“Lord Jesus, I thank You that You have already won the victory. I renounce any agreement, spoken or unspoken, that my family line has made with darkness. I grieve the sins that were made in my family line, and the choices that were made that were not pleasing to you, God. I break every generational curse, lie, stronghold, and generational tie in Jesus’ name. I choose this day to love, serve, and follow You alone. Renew my heart and fill me with Your Holy Spirit. Let Your truth, light, and blessing flow through me to a thousand generations. In Jesus’ name, Amen.”

It's Time to Heal

Find a quiet, safe space where you won't be disturbed. Have a journal nearby to take notes as you feel led. Close your eyes and begin with a **prayer**:

"Lord, I invite You into my innermost being. You know every part of me – those I show and those I hide. I ask You to guide me, gently and lovingly, as I listen within. Let Your healing light touch the places still holding pain."

Sit for a moment in stillness. Allow your spirit to settle in God's presence.

Calm Your Body

Take a few deep, slow breaths – in through your nose, out through your mouth. Allow your abdomen, your belly, to rise as your lungs fill with air. Hold the breath for a few seconds, then gently exhale through your mouth, releasing your tension. Focus on the rhythm of your breath and repeat this cycle several times to calm your mind and body.

As you breathe in, imagine taking in the goodness of life: sunlight, laughter, love, hope. Feel God's love embrace you in a bubble of safety.

As you breathe out, release any tension that you notice. Let your shoulders drop. Let your jaw relax. Feel yourself sinking gently into your seat as you release what you've been carrying.

Do a Body Scan

Bring your attention to your body:

- Start at the top of your head and slowly move downward.
- Notice where you are carrying any tension, discomfort, or unusual sensations – especially in your jaw, chest, stomach, or shoulders.

Ask: *"Where do I feel my stress? What emotion is stuck here?"*

Let the Lord gently reveal where you're holding pain or emotion.

Invite Your Inner Child to Speak

Now, with your body calm and your heart open, **ask**:

"Are there any parts of me who want to speak?" "Does any part of my body need to release emotions or memories?"

Sit in stillness and listen. Let the Lord minister to your parts.

Your body carries memories and emotions from your life – fear, sadness, anger, lust, and more. As you tune into your body, you will begin to access your deeper parts who may have been locked away in “closets” inside your mind. This is a beautiful thing. You are inviting the Lord to go deeper into your inner self.

Speak gently to these parts: *“You’re welcome here. You don’t have to hide anymore. I want to know you and what you’ve been carrying.”*

Let them come forward. Let them speak. Allow your parts to express the fullness of their emotions. Hold them lovingly as they do and ask Jesus to help comfort them. These wounded parts may feel young, and even their language may seem to be young. They have been waiting for this healing for a long time, so give them time to open up. As you are holding your part and letting the Lord minister to you, the parts will feel safe to share.

This is the time to listen without judgment and attend to and nurture your parts rather than giving criticism, solutions or pat answers.

Exploring the Memories and Messages

As you sit with your part, memories may rise to the surface. Let your part know it’s safe to remember. The Lord will guide this as you let him. He will hold you in the palm of his hand as you are opening your heart to Him.

Ask gently:

- *What happened?*
- *How old were you?*
- *Who was there?*
- *How did you feel?*
- *What did you need?*

What memory came up? What did your part feel? What did they need?

Invite the Lord to Comfort Your Part

Rest in the Lord’s presence. He is here ministering to your part. Let Him hold you and comfort you and your whole family of parts.

“Jesus said, ‘Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.’” – Matthew 19:14 (NIV)

When Jesus welcomed the children, He revealed something deeply healing – not only for the children of His time, but for the childlike parts within each of us. These tender, wounded parts long to be seen, heard, and loved. Many have been silenced or shamed, told they were “too much” or “not enough.” **Yet Jesus says, “Come to Me.”**

What Did I Start to Believe?

As your part is beginning to rest, ask yourself, “What did I begin to believe about myself because of what happened?”

Ask Jesus: “Lord, what is the truth You want this part of me to know?”

Renounce the Lies and Embrace the Truth

As you are listening and attending to your part, ask your part to renounce the lies with you and to state the truth. This is a powerful way to heal from within. By renouncing the lies and speaking the truth out loud, you are in a sense breaking off the chains that have been keeping your part stuck. This is a powerful step towards freedom.

Declare these aloud:

“I renounce the lie that I must control everything to be safe.”

“The truth is: **I am safest when I trust God.**”

“I renounce the lie that I must hold onto fear to protect myself.”

“The truth is: **Fear does not protect – it paralyzes.**”

“I renounce the lie that I am too broken to be whole.”

“The truth is: **I am not too broken for God. He has the power and desire to heal me fully.**”

Visit Appendix A and renounce the additional lies listed and state the corresponding truths. Notice which lies and truths are important for you to renounce. This work is most effective when spoken out loud and shared with another person as a witness and a support.

Break the Agreements

Continue to listen and attend to your parts. Notice how they are feeling. Notice any further discomfort or uneasiness.

Ask Jesus: “Lord, show me any unhealthy agreements, vows, partnerships, or ties that I made, knowingly or unknowingly. Help me to see my own pain, fear, shame, or desire for self-protection behind them and release these into your hands.”

As the Lord brings any unhealthy agreements to your awareness, renounce them out loud.

Declare these aloud:

“I renounce the agreement that I must carry this pain alone.”

“The truth is: **Jesus is with me and will never leave me.**”

“I renounce the vow that I will never trust again.”

“The truth is: **I can learn to trust through God’s healing and wisdom.**”

“I renounce the partnership I made with shame and secrecy.”

“The truth is: **I choose to walk in light, honesty, and freedom.**”

Visit Appendix B to continue identifying and renouncing additional agreements and vows.

As you renounce them out loud, you are breaking spiritual and emotional ties that have kept your parts bound. By speaking the truth, you are choosing life and freedom.

Releasing the Burdens

Now, close your eyes again and allow the Lord to come and minister to your wounded part and to the whole of you.

Remind your part: *“You weren’t meant to carry this. It’s not your fault. You were just trying to survive.”*

Ask your part: *“Are you ready to let go of this?”*

Picture the part or parts handing the burden to Jesus. I like to picture myself taking my burdens and bundling them up into a big wad and then lifting my hands to God and releasing them – right up to the sky so that he takes my burdens and carries them away. I picture myself letting go of fear, shame, anger, control, lust, or whatever burden is weighing me down.

Let Him take it. Then ask: *“Jesus, what do You want to give me in return?”*

Let your part receive Jesus’ gifts of love, healing, peace, and joy. Sometimes you will notice a song or a picture that will bring you comfort and confirm your work, like a symbol of your newfound freedom.

If you are still feeling stuck, visit Appendix C to remove any blocks that might be in the way of further healing.

Welcoming the Part Back into the Family

Now that your part is in a much better place, it's time to make room in your family of parts for this part to rejoin the circle. This is a beautiful time of reunification and unity that will literally feel like resurrection life.

Ask Jesus: *"What was this part created for?"*

Was this part originally meant to love? To connect? To protect with compassion? What is this part's true identity? What gifts were lost in trauma? Let your part embrace their true identity and their true role, their original purpose in the round table of your family system. Each part is a valuable asset to the whole of who you were created to be.

Speak to your part: *"You belong. You were never meant to be alone."*

Picture your internal round table. Let your part return to their seat – restored and welcomed.

Ask Jesus: *"Lord, please bring balance and unity into my family of parts. Help me to learn to work together with my family of parts, cooperatively and aligned to your purpose in my life."*

This may not happen immediately, but over time you will experience God's hand guiding your parts into their divine roles, learning to work together and lean on Him. You will begin to embrace your true identity in Christ, with your family of parts working together as a healthy family.

Walking in Truth: Anchoring Your Freedom

Freedom is not a one-time event – it's a daily walk. Each new day is an opportunity to choose truth, to stay connected to God, and to live from the wholeness He's restoring within you. Walking in truth means living in alignment with who you truly are in Christ – no longer ruled by fear, shame, or old survival patterns, but led by love, peace, and the Spirit of God.

Walking in your healing SHIFT:

- **Support:** Healing happens best in relationship. We need trusted people who remind us of who we are becoming and speak truth when we forget.
- **Accountability:** When old habits try to pull us back, others can help us stay anchored in truth and consistent in growth.
- **Intentional Planning:** Freedom grows through new daily rhythms – prayer, Scripture, journaling, community, rest, and reflection.
- **Grace:** We won't walk perfectly, but we can keep walking forward, even if we stumble. Grace reminds us that growth is a process, not a performance.
- **Nurturing Your Family of Parts:** Continue learning to listen to your family of parts with compassion. Attend to your *child parts* with the love, patience, and protection of a wise parent. Allow your *parent parts* to lead with calm authority and care. Let your core parts, *your loving and angry/protector parts*, work as a team, with the loving part leading the way. As you cooperate as a healthy family of parts, you'll experience greater internal peace and wholeness – living as the unified person God created you to be.
- **Live your life with purpose:** God has not called us to be authors of our own journey only. Yes, he works in us to give us the talents and gifts to do his work, but daily we have to "*pick up our cross and follow Him*". We are most satisfied when we are fulfilling our God given purpose in our life.
- **Stay grounded with prayer and gratitude:** Every moment, every hour, and every day, continue to WALK WITH THE LORD in all that you do. He will guide you every step of the way. Continue a conversation with Him as you get up and as you go about your day. As soon as trouble comes – **an unexpected SHIFT** – hand it right over to Him. Practice thanking God daily for all His provision in your life – past, present, and future. That's right, thank Him ahead of time for what He is going to do in your situation. Pray without ceasing and believe that He is there. Because He is!
- **Be Anxious for Nothing:** Scripture reminds us to not be afraid, but rather, to trust in the Lord with our whole heart. "*Do not be anxious about anything, but in every*

situation, by prayer and petition, **with thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” – Philippians 4:6-7 (NIV)

“Trust in the Lord with all your heart and do not rely on your own understanding; submit to Him in all aspects, and He will direct your paths.” – Proverbs 3:5-6 (NIV)

Reflection & Journaling Prompts

- Who in my community can support and encourage my growth?
- What new habits or practices can I begin that will help me walk out my healing?
- How can I nurture and care for the younger parts of me today with compassion instead of criticism?
- What are some of the purposes God has for my life? If you aren't sure, invite the Lord to show you.
- What and who am I grateful for?

Scripture Reflection

Matthew 22:37-39 (NIV)

“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”

Healing Statement:

“I choose to let go of the old ways that no longer serve me. With God's help, I pick up my mat and walk in newness of life. I trust that as I take one step at a time, the Lord will steady my path and renew my strength.”

Appendix A:

Lies and Truths

About Worth and Identity

I renounce the lie that I am unlovable, worthless, or insignificant.

- The TRUTH is that **I am God's beloved child.**
"Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God." John 1:12 (NIV)
- The TRUTH is that **I am fearfully and wonderfully made.**
"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:14 (NIV)
- The TRUTH is that **I am valuable and worthy for who I am, just because I am created by God.**
"So don't be afraid; you are worth more than many sparrows." Matthew 10:31 (NIV)
- The TRUTH is that **I don't have to be perfect to be loved or accepted; God's grace is enough. I am a work in progress.**
"My grace is sufficient for you, for my power is made perfect in weakness." 2 Corinthians 12:9 (NIV)

About Responsibility

I renounce the lie that I am forever defined by my past mistakes or failures.

- The TRUTH is that **I can learn, grow, and make new choices through God's guidance.**
"He who began a good work in you will carry it on to completion until the day of Christ Jesus." Philippians 1:6 (NIV)
- The TRUTH is that **I can confess my sins and receive God's gift of forgiveness and be made clean.**
"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9 (NIV)

About Safety and Empowerment

I renounce the lie that I am helpless, alone, that I have no voice, or that no one is safe.

- The TRUTH is that **God is always present with me, even in the darkest places.**
"The Lord himself goes before you and will be with you; he will never leave you nor forsake you." Deuteronomy 31:8 (NIV)
- The TRUTH is that **I am no longer a powerless child. I have a voice, wisdom, and the ability to make choices that protect and honor my well-being.**
"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." 2 Timothy 1:7 (NIV)
- The TRUTH is that **I can seek help, set boundaries, and make proactive, healthy decisions for myself and others.**
"The Lord is my helper; I will not be afraid. What can mere mortals do to me?" Hebrews 13:6 (NIV)
- The TRUTH is that **I am safe to rest in God's peace as I take wise action.**
"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety." Psalm 4:8 (NIV)

About Power and Possibility

I renounce the lie that I am powerless or that my circumstances will never change.

- The TRUTH is that **I can make healthy choices in my life.**
"This day I have set before you life and death, blessings and curses. Now choose life." Deuteronomy 30:19 (NIV)
- The TRUTH is that **I am strong in the Lord and in His mighty power. I can rely on God's strength, power and wisdom.**
"Be strong in the Lord and in his mighty power." Ephesians 6:10 (NIV)
- The TRUTH is that **I have spiritual authority over lies and darkness. I can stand strong in the truth and in the wisdom and authority given to me as a child of God, declaring Jesus' name in tough situations.**
"I have given you authority... to overcome all the power of the enemy; nothing will harm you." Luke 10:19 (NIV)
- The TRUTH is that **I can trust God's sovereignty and let go of control.**
"Trust in the Lord with all your heart and lean not on your own understanding." Proverbs 3:5-6 (NIV)

About Purpose and Future

I renounce the lie that my life is meaningless or that my future is hopeless.

- The TRUTH is that **God has a plan for ME! To prosper me and give me hope and a future.**
"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 (NIV)
- The TRUTH is that **I am redeemed and bought with a price.**
"In him we have redemption through his blood, the forgiveness of sins." Ephesians 1:7 (NIV)
"You were bought at a price. Therefore honor God with your bodies." 1 Corinthians 6:20 (NIV)
- The TRUTH is that **I am God's handiwork, created for good works.**
"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10 (NIV)
- The TRUTH is that **I will inherit eternal life through Christ.**
"And this is the testimony: God has given us eternal life, and this life is in his Son." 1 John 5:11 (NIV)
- The TRUTH is that **I am a work in progress, continually being made new.**
"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" 2 Corinthians 5:17 (NIV)

About Shame, Guilt, and Innocence

I renounce the lie that what happened to me was my fault, that I am dirty, tainted, or unworthy of love.

- The TRUTH is that **the trauma or abuse that happened to me is not my fault.**
"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18 (NIV)
- The TRUTH is that **I am not what was done to me. My identity is defined by God, not by my pain or past trauma.**
"You are precious and honored in my sight, and... I love you." Isaiah 43:4 (NIV)
- The TRUTH is that **even if I have felt dirty or unclean, I am not. God continues to cleanse and heal me from ALL unrighteousness.**
- The TRUTH is that **God will redeem everything the enemy has stolen from me.**
"Instead of your shame you will receive a double portion, and instead of disgrace you

will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.” Isaiah 61:7 (NIV)

- The TRUTH is that **the shame belongs to the one who caused the harm, not to me. I release what was never mine to carry.**

“Those who look to him are radiant; their faces are never covered with shame.” Psalm 34:5 (NIV)

- The TRUTH is that **I am fully loved, seen, and cherished by God, who is healing every broken part of me.**

“He heals the brokenhearted and binds up their wounds.” Psalm 147:3 (NIV)

About Internal Control and Shutdown

I renounce the lie that my parts and my feelings, especially my anger, must be suppressed or shut down to keep me safe or to be lovable.

- The TRUTH is that **my feelings are not wrong; they are signals pointing to parts of me that need care, comfort, and healing.**

“Pour out your heart before Him; God is a refuge for us.” Psalm 62:8 (NIV)

- The TRUTH is that **I can learn to express my emotions in healthy and proactive ways.** I can face fear with God’s strength. I can process anger and work through unforgiveness, and I can accept true guilt and confess my sins. I can confront others with love and truth, and I can learn patience in all circumstances!

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Galatians 5:22–23 (NIV)

- The TRUTH is that **God welcomes every part of me, even the ones I’ve tried to hide. He can handle my emotions and longs to meet me there with compassion.**

“The Lord is compassionate and gracious, slow to anger, abounding in love.” Psalm 103:8 (NIV)

- The TRUTH is that **I no longer need to control or silence my inner world to feel safe. I can bring my whole self into God’s presence and learn to respond proactively rather than shut down.**

“Be still, and know that I am God.” Psalm 46:10 (NIV)

- The TRUTH is that **my worth is not based on how calm, composed, or “together” I appear. My worth is based on the fact that God loves the real me, not the version I think I must be to be accepted.**

“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.” 1 Samuel 16:7 (NIV)

Appendix B:

Vows to Renounce

There are many types of agreements we can make with the enemy. **Begin by stating aloud, “In Jesus’ name, I renounce and sever, destroy and prevent all unrighteous vows, oaths, contracts, covenants, agreements, seals, deals, pledges, promises, ties, bonds, connections and links, including internal and external; ancestral, generational, familial and genetic; ancient, past present and future.”** As you renounce the specific agreements below, you can refer to this list by saying, “vow etc.”

- **I renounce the vow etc. of silence.**

I choose instead to speak truth in love and use my voice to bring healing and freedom.

“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.” Ephesians 4:25 (NIV)

- **I renounce the vow etc. of secrecy.**

I choose instead to expose secrets and walk in the light of truth.

“But everything exposed by the light becomes visible – and everything that is illuminated becomes a light.” Ephesians 5:13 (NIV)

- **I renounce the vow etc. to shut myself down.**

I choose instead to accept myself for who I am and to face my real feelings with courage and grace.

“The Lord is near to all who call on him, to all who call on him in truth.” Psalm 145:18 (NIV)

- **I renounce the vow etc. to never change.**

I choose instead to open my heart to transformation and to ask God for help.

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

- **I renounce the vow etc. to give up.**

I choose life and will continue to grow, persevere, and move forward.

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9 (NIV)

- **I renounce the vow etc. to never trust.**

I choose instead to trust God and allow Him to help me learn to trust others.

“Trust in the Lord with all your heart and lean not on your own understanding.” Proverbs 3:5 (NIV)

- **I renounce the vow etc. to never love, to “protect myself” by hiding internally.**

I choose instead to love freely and leave the results with the Lord.

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” Mark 12:30–31 (NIV)

- **I renounce every unrighteous relationship, especially any unrighteous soul ties or sexual bonds.**

I choose instead true life and true love and healthy relationships. I choose to seek sexual purity and to serve the Lord, rather than to seek unhealthy pleasures.

“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23 (NIV)

Appendix C:

Removing the Blocks That Prevent Your Healing SHIFT

Sometimes, in our healing journey, we feel like we've hit a wall. We know what we long for – to experience freedom, peace, and wholeness – but something deep inside keeps us from moving forward. These internal blocks can be subtle or strong: a resistance to change, an old wound that still aches, or a fear of what might happen if we truly let go.

When progress feels slow or stuck, **it doesn't mean you've failed**. It means your internal system – your *family of parts* – is signaling that something needs attention. These moments are sacred invitations to pause, reflect, and partner with God (and, as needed, with a trusted counselor or mentor) to uncover and remove what's standing in the way of your healing SHIFT.

As you move through the following pages, you'll explore some of the most common barriers that can block your healing: fear, unwillingness, unforgiveness, a desire to keep the truth hidden, and other patterns that keep you bound. Each section will help you identify these barriers, invite God's truth to replace them, and take practical steps toward lasting freedom.

Prayer: “Lord, show me the places where I am stuck. Help me see the blocks in my heart and give me the courage to release them. Break every lie, heal every wound, and lead me into the freedom You have promised.”

Common Blocks to Healing

Fear

One of the most common blocks to inner healing is fear. When we begin to look inside, parts of us may become afraid of what we'll find. We may worry that painful memories will surface, that change will feel overwhelming, or that we won't be able to handle what comes next.

Fear itself is not evil - it can protect us from danger. But when fear takes control, it keeps us from trusting God and moving forward. The enemy often uses fear as a form of intimidation, whispering lies that say, “*You can't handle this,*” or “*It's safer to stay the same.*” When we agree with those lies, we stop short of the freedom God desires for us.

God reminds us that His perfect love drives out fear (1 John 4:18). **God invites us to face our fears with Him, not alone.** As we surrender fear, we make room for peace, courage, and faith to rise.

Prayer:

“Lord, I confess that I am afraid. I know You are here with me, and I want to trust You. Help me to lay down my fear and rest in Your strength. Teach my parts that they are safe in Your presence. Remove every unhealthy or demonic fear that has held me captive, and help me hold only the natural, protective fear that keeps me wise. Give me courage to take each step of healing with You. In Jesus’ name, Amen.”

Scripture for Reflection:

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” – Isaiah 41:10 (NIV)

Unwillingness

At times, parts of us cling to unhealthy ways of coping because they feel safe, familiar, or necessary. Fear whispers, *“If I let go of my control, what will protect me?”* This creates an inner conflict where one part longs for healing while another resists it.

Jesus teaches us that *“a house divided cannot stand”* (Mark 3:25). **When our inner world is divided, we remain stuck.** The way through is to acknowledge these fears with honesty and compassion, explore what other lies your parts are believing that need to be removed and replaced with the truth.

Prayer:

“Lord, make me willing to open my heart to you. Give me Your desire for healing and freedom. In Jesus’ name, Amen.”

Scripture for Reflection:

“Create in me a pure heart, O God, and renew a steadfast spirit within me.” Psalm 51:10 (NIV)

“Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.” Philippians 2:12–13 (NIV)

Unforgiveness

Harboring resentment or bitterness is like carrying a heavy stone in your heart. Even when anger feels justified, refusing to forgive keeps us chained to the wound.

Forgiveness doesn't mean minimizing the wrong; it means releasing it into God's hands. Forgiveness is both a declaration and a process. We must let go of all bitterness, malice and unforgiveness, but we are human. Our minds often bring us back to the source of our anger – the wrong we have felt and the injustice of it all. This will be a continual discipline to bring the images and memories of how you have been hurt and lay them at the Lord's feet. You can trust that the Lord has not forgotten your pain, but that HE will make things right. He is the righteous judge and He alone will hold people accountable with justice and mercy.

Prayer:

"Lord, please help me to let go of all of my bitterness, resentment and unforgiveness. I choose to forgive, because you forgave me. Help me to walk in your light and trust that you will carry my burdens. I don't have to hold onto them anymore. In Jesus' name, Amen."

Scripture for Reflection:

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." Colossians 3:13 (NIV)

Protecting the Memory

Sometimes our internal system resists moving forward in healing because it's protecting us from remembering something painful. Deep within, parts of us may believe we are safer *not remembering* than facing the truth. In situations where there has been abuse, these protective parts may have made inner agreements such as *"I'll never tell,"* or may have absorbed threats like *"No one will believe you,"* or *"You'll pay if you speak."*

These inner vows often form out of fear, not rebellion. They were survival strategies meant to protect us in a time of danger. But what once kept us safe can now keep us bound. **True healing comes when light enters the places we've hidden** – when we allow God's truth to gently expose what has been buried.

The truth always brings freedom. Even when it disrupts the illusion of peace or challenges an image of a "perfect" family, truth never fails, and denial never wins. Facing truth is an act of courage and faith – a step toward the freedom Christ promised.

Prayer:

"Lord, there are things buried deep within me that I have avoided. I'm afraid of what is hidden. Please give me courage to face the truth You reveal and the clarity to see through the fog of fear and denial. Help me to open my heart to Your healing light. Grant me the willingness to move forward, trusting that Your love will hold and restore every part of me. In Jesus' name, Amen."

Scripture for Reflection:

"Then you will know the truth, and the truth will set you free." John 8:32 (NIV)

"Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it.'" Matthew 16:24-25 (NIV)

Clinging to Old Patterns

Even when old habits don't serve us, they can feel like a safe routine. Change often feels uncertain, so we sit back in familiar dysfunction. Our parts have learned to survive this way – through control, avoidance, fear, or self-protection – and while those patterns once kept us safe, they now keep us stuck.

But when Jesus healed the lame man, He told him: *"Pick up your mat and walk."* John 5:8 (NIV)

This was more than physical healing. It was a call to leave behind an old life. That mat represented his past – his place of waiting, dependency, and limitation. Jesus was saying, *"You don't need to live here anymore."*

True healing requires more than insight; it requires action. When the Lord brings healing to our internal parts, we must also take practical steps to walk out that healing in faith and obedience. That means letting go of our old coping mechanisms and replacing them with truth and healthy new habits.

We need community – brothers and sisters in Christ who will encourage us and walk with us into new life. Healing is not a solo journey. As Ecclesiastes 4:9–10 reminds us, *"Two are better than one... if either of them falls down, one can help the other up..."*

Prayer:

"Lord, I see that some parts of me still hold onto old ways of coping. Even though they no

longer serve me, they feel familiar and safe. Please give me courage to let go of these patterns and the lies that keep them alive. Help me to break free of: Negative thinking, Discontentment, Comparison, Victim mentality, Fear, Anxiety, Worry, Pride, Isolation, Avoidance, Self-Hatred, Depression, Unhealthy anger and hatred, Addictions, Lust, Pornography use, (add any more of your own struggles here). Teach me to walk in newness of life, one step at a time, trusting that You are doing a new thing in me. Help me to replace fear and self-protection with faith and surrender. In Jesus' name, Amen."

Scripture for Reflection:

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." Isaiah 43:18–19 (NIV)

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." Ephesians 4:22–24 (NIV)

Influence of Others

We are shaped by those around us. Sometimes healing is blocked because our environment reinforces old habits or unhealthy beliefs.

Paul reminds us, *"If anyone is in Christ, he is a new creation; the old has gone, the new has come!" (2 Corinthians 5:17)*. Walking in freedom may mean changing who we spend time with or stepping into new communities that call us higher. For example, we cannot expect to break free from alcoholism while sitting in a bar with friends who love to drink. Healing is a lifestyle shift, and it flourishes when we surround ourselves with others committed to growth.

Reflection & Journaling Prompts

- Which of these blocks do you recognize in your own healing journey?
- What fears stand in the way of you moving forward in your healing?
- What lies or agreements have you unknowingly (or knowingly) accepted that need to be broken in Jesus' name?

- Who do you need to forgive (or begin the process of forgiving) in order to move forward?
- What part of you may be holding on to an unhealthy coping strategy? What is your part afraid will happen if he/she lets go?
- What old patterns is God inviting you to leave behind? What is Jesus inviting me to “pick up” and walk away from today?
- Who are the people in your life who help move you toward healing – and who holds you back?

I Still Feel Stuck: A Shut Down System

Some of you may go through these exercises and think, *“Cynthia, nothing happened. I couldn’t feel or notice anything.”* You are not alone. What you’re experiencing is often part of the healing process. It doesn’t mean you’re doing anything wrong – it simply means your system needs more time and safety to open up.

Begin by giving yourself permission **not to do it perfectly**. Every person’s healing journey unfolds differently, and that’s completely okay. Even if it feels like nothing is happening, trust that God is at work beneath the surface. Healing often starts quietly before you begin to notice visible changes.

Here are some ways to begin gently awakening your internal system:

- **Start journaling** your thoughts and feelings. Write whatever comes to mind without editing or judgment.
- **Check in with yourself** throughout the day by asking:
 - “How am I feeling right now?”
 - “Do I notice any tension or heaviness in my body?”
 - “Have I felt triggered, irritable, or disconnected?”
- **Pay attention** to patterns – your reactions, emotions, and body sensations are important messengers.
- **Record dreams or recurring thoughts** that stand out; often they reveal what your deeper parts are trying to communicate.

If you continue to feel stuck or numb, **pray about inviting a trusted therapist** into your healing journey. Sometimes we need another person to help us notice, name, and nurture the parts of us that have gone silent.

Prayer to Open My Heart:

“Lord, I invite You into every place in me that feels shut down, numb, or distant. I ask You to soften my heart and awaken the parts of me that have gone quiet out of fear or pain. Teach me to listen with compassion to what is happening inside of me. Help me to trust that You are working, even when I cannot see or feel it. Open my heart to receive Your love, Your truth, and Your healing presence. Amen.”

Appendix D

Truths to Journal and Meditate On

When you need to be reminded of God's truth, you can reflect on these:

- I am God's beloved.
- I am created by God and am worthy just for who I am.
- I am a work in progress.
- I don't have to be perfect to be loved or accepted.
- Trying to control everything lets control be in charge. I can rest in God's sovereignty and let go of control.
- I am never alone.
- I can rest safely in the Lord's loving arms.
- I don't have to figure everything out.
- I can be made whole.

Use your Bible to fill in the blanks, anchoring your family of parts and your heart, mind, body, spirit and soul in the truth:

1. I am a Child of God

Verse:

"Yet to all who did receive him, to those who believed in his name, he gave the right to become _____ of God."

(John 1:12, NIV)

2. I am Redeemed

Verse:

"In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's _____."

(Ephesians 1:7, NIV)

3. I am Bought with a Price

Verse:

“You were bought at a _____; therefore honor God with your bodies.”

(1 Corinthians 6:20, NIV)

4. I am Forgiven

Verse:

“If we confess our sins, he is faithful and just and will _____ us our sins and purify us from all unrighteousness.”

(1 John 1:9, NIV)

5. I Have Confidence in My Future

Verse:

“For I know the plans I have for you,” declares the Lord, “plans to _____ you and not to _____ you, plans to give you hope and a future.”

(Jeremiah 29:11, NIV)

6. I am Worthy

Verse:

“Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. So don’t be afraid; you are _____ more than many sparrows.”

(Matthew 10:29-31, NIV)

7. I am Not Alone

Verse:

“The Lord himself goes before you and will be with you; he will never leave you nor _____ you. Do not be afraid; do not be discouraged.”

(Deuteronomy 31:8, NIV)

8. I Have Authority Over the Enemy

Verse:

“I have given you authority to trample on snakes and scorpions and to overcome all the _____ of the enemy; nothing will harm you.”

(Luke 10:19, NIV)

9. I am Created for a Good Purpose

Verse:

“For we are God’s handiwork, created in Christ Jesus to do _____ works, which God prepared in advance for us to do.”

(Ephesians 2:10, NIV)

10. I Will Inherit Eternal Life

Verse:

“And this is the testimony: God has given us eternal life, and this life is in his _____.”

(1 John 5:11, NIV)