



DELIVERANCE PRAYER: Breaking Emotional Responsibility

Heavenly Father, I come humbly before You and I lay down every place in my soul that was trained by trauma.

Every place that learned to anticipate danger, manage explosions, and carry the emotional weight and false responsibility of others—

I bring it into Your light right now. You are my Deliverer, and today I renounce every false assignment that taught me:

- **to anticipate emotional blowups,**
- **to carry the burden of others' feelings,**
- **to avoid conflict out of fear,**
- **and to over-function in relationships.**

In the name and by the blood of Jesus, I break agreement with the lie that I am responsible for other people's reactions. I break agreement with fear-based caretaking and relationships.

I break and come out of agreement with trauma-trained hypervigilance.

I break and come out of agreement with the spirit of over-functioning, emotional servitude, and false responsibility. Father, I repent for the places where survival taught me to step into roles You never assigned.

I repent for taking on emotional burdens that were not mine. I repent for believing that love means absorbing chaos.

Now, by the blood of Jesus, I cut every ungodly tie to:

- **trauma responses,**
- **survival modes,**
- **people who punished me for having needs,**
- **relationships where I was trained to walk on eggshells,**

- **and every environment that conditioned me to monitor, manage, or calm others.**

Holy Spirit, retrain my soul and reset my neural pathways to be set on a foundation of truth from God's Word.

Teach me to let others own their emotions. Teach me to respond—not react.

I declare:

I am not responsible for managing the reactions of others. I am responsible for my obedience to God.

I walk in freedom, wholeness, and holy alignment.

My soul is released from the weight of false responsibility—forever.

I command every spirit of fear, control, people-pleasing, hypervigilance, trauma response, and emotional slavery to leave me now in the name of Jesus. And I declare null and void all word curses that have connected me to these spirits whether spoken by others or by my own lips. I repent and break them now in Jesus' name.

I seal this prayer by the perfect blood of the lamb and declare that I am free in the matchless name of Jesus.

In Jesus' mighty name, Amen.