

Clear, Grounded Commands to Tell Negative Influences to Leave

Direct Commands (short + powerful)

- Leave now
- You are not welcome
- This ends here
- Go away
- Stop
- No
- Enough
- Exit
- Release
- Disengage

Authority-Based Commands

- You have no authority here
- You have no permission to remain
- I withdraw my consent
- I reclaim my space
- I reclaim my mind
- I reclaim my body
- I reclaim my peace
- I am in control here
- I decide what stays
- I decide what leaves

Boundary Statements

- This space is closed to you

- You do not belong here
- This is not yours
- I do not accept this
- I do not allow intrusion
- I do not entertain harm
- I do not host fear
- I do not carry this
- I return what is not mine
- I release this influence

Grounding + Reality Anchors

- This thought is not true
- This fear is not real
- This does not reflect reality
- I am safe
- I am grounded
- I am present
- I am here now
- I am not in danger
- I am not powerless
- I am okay

Faith-Neutral, Protective Language

- I stand in truth
- I stand in clarity
- I stand in peace
- I stand in strength
- I stand grounded
- I stand whole

- I am protected by awareness
- I am protected by boundaries
- I am protected by truth
- My inner space is sealed

Compassionate Release (important for nervous system)

- I release this gently
- I let this go
- I no longer need this
- Thank you, but you can go
- I choose a healthier response
- I choose calm instead
- I choose peace instead
- I choose clarity instead
- I choose safety instead
- I choose myself

Closing / Sealing Commands

- This space is clear
- This space is calm
- This space is safe
- The boundary is closed
- The door is shut
- The channel is closed
- The interaction is over
- I remain grounded
- I remain whole
- It is done

How to Use These (important)

- **Say them calmly**, not angrily
- **One or two is enough** — repetition matters more than quantity
- Pair with **slow breathing** (inhale 4, exhale 6)
- Feel your feet, jaw, shoulders — grounding helps them work

Great work 