

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
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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
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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
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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
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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
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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
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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
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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
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Great work 