

Think of this as **200 firm boundary statements** you can use to clear **negative thoughts, emotional patterns, stress responses, intrusive memories, or harmful influences** from your inner space.

These work because **the nervous system, mind, and spirit respond to authority, clear-vision, and repetition.**

Use them silently or aloud. Pick the ones that resonate. You don't need all 200 at once.

200 Ways to Tell a Negative Influence to Leave

(Boundaries, affirmations, commands, and reclaims of self)

Direct Boundary Statements (1–40)

1. You are not welcome here
2. Leave now
3. This space is not for you
4. I revoke your access
5. You do not belong in my body
6. You do not belong in my mind
7. You do not belong in my spirit
8. I close the door
9. I end this interaction
10. I choose peace instead
11. This ends now
12. I say no
13. I withdraw my consent
14. I cut this influence off
15. I claim my space
16. I claim my energy
17. I reclaim myself
18. You have no authority here
19. You have no power over me

- 20.You are dismissed
- 21.I send you away
- 22.I release you
- 23.I sever this connection
- 24.I close this channel
- 25.This is not yours
- 26.My spirit is protected
- 27.My body is protected
- 28.My mind is protected
- 29.You cannot stay
- 30.You must leave
- 31.I stand firm
- 32.I stand grounded
- 33.I stand sovereign
- 34.I choose clarity
- 35.I choose safety
- 36.I choose calm
- 37.I choose truth
- 38.I choose light
- 39.I choose myself
- 40.This space is sealed

Authority & Sovereignty (41–80)

- 41.I am in control here
- 42.I decide what stays
- 43.I decide what goes
- 44.I am sovereign
- 45.I am grounded
- 46.I am whole

- 47.I am protected
- 48.I am safe
- 49.I am steady
- 50.I am clear
- 51.I trust myself
- 52.I trust my body
- 53.I trust my instincts
- 54.I listen to my intuition
- 55.I honor my boundaries
- 56.I honor my limits
- 57.I honor my needs
- 58.I stand in my power
- 59.I reclaim my authority
- 60.I speak with clarity
- 61.I speak with truth
- 62.I speak with calm
- 63.I speak with strength
- 64.I do not negotiate my safety
- 65.I do not entertain harm
- 66.I do not accept intrusion
- 67.I do not absorb this
- 68.I do not carry this
- 69.I release responsibility for this
- 70.I return what is not mine
- 71.I take back my energy
- 72.I take back my peace
- 73.I take back my joy
- 74.I take back my focus
- 75.I take back my breath
- 76.I root into the present

- 77.I root into my body
- 78.I root into the earth
- 79.I am here now
- 80.I am fully present

Truth & Reality Anchors (81–120)

- 81.This thought is not true
- 82.This fear is not mine
- 83.This voice is not mine
- 84.This urge is not mine
- 85.This shame is not mine
- 86.This does not reflect reality
- 87.I return to facts
- 88.I return to truth
- 89.I return to now
- 90.I return to my body
- 91.I breathe slowly
- 92.I breathe deeply
- 93.I calm my nervous system
- 94.I soften my shoulders
- 95.I relax my jaw
- 96.I feel my feet
- 97.I feel the ground
- 98.I feel the room
- 99.I name what is real
- 100.I release what is imagined
- 101.I choose clarity over fear
- 102.I choose reason over panic
- 103.I choose calm over chaos

- 104.I choose grounding over dissociation
- 105.I choose presence over rumination
- 106.I interrupt this pattern
- 107.I stop this loop
- 108.I break this cycle
- 109.I step out of fear
- 110.I step into safety
- 111.I am not under threat
- 112.I am not in danger
- 113.I am not powerless
- 114.I am not trapped
- 115.I am not alone
- 116.I am supported
- 117.I am capable
- 118.I am resilient
- 119.I am steady
- 120.I am okay

Compassionate Release (121–160)

- 121.I let this go
- 122.I release this gently
- 123.I release this fully
- 124.I release this now
- 125.I do not need this anymore
- 126.I thank my body for protecting me
- 127.I thank my mind for trying to help
- 128.I choose a healthier response
- 129.I allow peace to return
- 130.I allow calm to settle

- 131.I allow stillness
- 132.I allow rest
- 133.I allow clarity
- 134.I allow healing
- 135.I allow joy
- 136.I forgive myself
- 137.I forgive my past
- 138.I forgive my fear
- 139.I forgive my nervous system
- 140.I choose gentleness
- 141.I choose patience
- 142.I choose compassion
- 143.I choose care
- 144.I choose balance
- 145.I choose grounding
- 146.I choose nourishment
- 147.I choose sleep
- 148.I choose water
- 149.I choose sunlight
- 150.I choose connection
- 151.I choose support
- 152.I choose help
- 153.I choose growth
- 154.I choose learning
- 155.I choose resilience
- 156.I choose strength
- 157.I choose wisdom
- 158.I choose peace
- 159.I choose safety
- 160.I choose life

Closing & Sealing Statements (161–200)

- 161.This space is clear
- 162.This space is calm
- 163.This space is safe
- 164.This space is mine
- 165.I seal my boundaries
- 166.I seal my energy
- 167.I seal my peace
- 168.I close this session
- 169.I end this influence
- 170.I ground fully
- 171.I breathe steadily
- 172.I return to the present
- 173.I anchor into my body
- 174.I anchor into reality
- 175.I anchor into safety
- 176.I am protected by awareness
- 177.I am protected by clarity
- 178.I am protected by boundaries
- 179.I am protected by truth
- 180.I am protected by self-trust
- 181.I am safe to relax
- 182.I am safe to rest
- 183.I am safe to feel
- 184.I am safe to be
- 185.I allow calm to remain
- 186.I allow peace to stay
- 187.I allow balance to return

- 188.I allow clarity to hold
- 189.I allow myself to soften
- 190.I allow myself to heal
- 191.I remain present
- 192.I remain grounded
- 193.I remain steady
- 194.I remain whole
- 195.I remain sovereign
- 196.I remain calm
- 197.I remain safe
- 198.I remain protected
- 199.I remain myself
- 200.It is done

Important grounding note

If you're feeling **distressed, overwhelmed, or afraid**, these statements are tools, but **real support matters too**. Grounding practices, trusted people, and professional care show you are strong.