

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
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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.