DYSFUNCTION

“I confess …”

\_\_\_\_Deception and all lies I've told or believed

\_\_\_\_All Lack

\_\_\_\_All Abuse

\_\_\_\_Times I have not confronted abusive people

\_\_\_\_All Blocks or Walls that keep me from my Potential or from moving forward

\_\_\_\_Refusing assistance or not Listening to Advice

\_\_\_\_All lack of Boundaries

\_\_\_\_All lies that I’ve believed regarding reasons why I can’t do things

\_\_\_\_Believing the lie that “I don’t know how” or “I can’t”

\_\_\_\_Believing that I will never be as good at things as others

\_\_\_\_A Victim Mentality

\_\_\_\_Believing that things around me would crumble without me

\_\_\_\_Being unwilling to learn new things

\_\_\_\_Believing that some things are impossible for me

\_\_\_\_Believing that others are more fortunate and that I am neglected

\_\_\_\_Believing that I always get the “short end of the stick”

\_\_\_\_Wondering why bad things always happen to me

\_\_\_\_Pushing my body past its physical limits

\_\_\_\_All Regret for time spent in abusive or harassing relationships

\_\_\_\_All Bitterness, Resentment & Unforgiveness

\_\_\_\_Ever believing that I should not have to work as hard as others do

\_\_\_\_Times I have looked for handouts instead of trusting God

\_\_\_\_Blaming Others

\_\_\_\_All Self-pity

\_\_\_\_All Self-loathing

\_\_\_\_All Pride

\_\_\_\_All Addiction

\_\_\_\_All Suffering and Pride connected to suffering

\_\_\_\_Complaining

\_\_\_\_Frustration with Myself and Others

\_\_\_\_All Gossip or Slander

\_\_\_\_Anger at not being Acknowledged or recognized

\_\_\_\_Resentment towards Sacrifices Made

\_\_\_\_Being Easily Offended

\_\_\_\_Demands, Pressure and Expectations placed on Myself and Others

\_\_\_\_Unspoken Expectations

\_\_\_\_Unexplained and Constant Hardships, especially Financial

\_\_\_\_Giving or Serving with Strings Attached

\_\_\_\_Expecting that others "Owe" me for my Service to them

\_\_\_\_Expecting People to give me Sympathy or Admire me for my Selflessness

\_\_\_\_Expecting Appreciation and all other Expectations

\_\_\_\_Choosing to do things Myself instead of Delegating

\_\_\_\_Using People or their Services

\_\_\_\_All Hesitation or Procrastination

\_\_\_\_All Negativity, Passivity, and Laziness

\_\_\_\_All Negative Thoughts, Words or Communication

\_\_\_\_Voicing my Displeasure and Ungrateful Attitudes

\_\_\_\_All Vows or Word Curses I’ve Spoken over Myself or Others

\_\_\_\_All Manipulation

\_\_\_\_All Control

\_\_\_\_Resentment

\_\_\_\_Lack of Deep, Committed Relationships

\_\_\_\_Carrying Wounds

\_\_\_\_Legalism

\_\_\_\_Anger

\_\_\_\_Profanity

\_\_\_\_All Racism & Prejudice

\_\_\_\_Frustration & Confusion

\_\_\_\_Doubt & Unbelief

\_\_\_\_Rejection

\_\_\_\_Fear

\_\_\_\_Stress & Anxiety

\_\_\_\_Not dealing well with Stress

\_\_\_\_Oppression of Others

\_\_\_\_Intimidation

\_\_\_\_Having a Martyr complex

\_\_\_\_Making Excuses

\_\_\_\_Keeping Secrets

\_\_\_\_Fear of being Shamed or having a Poor Reputation

\_\_\_\_Ungodly Focus on how things will Look or how things will Appear to Others

\_\_\_\_Having a Condescending Attitude

\_\_\_\_Holding onto Injustice

\_\_\_\_Carrying Guilt and placing Blame or Guilt on Others

“..and I confess it for myself, my parents, my grandparents, my great grandparents and all of my ancestors back to Adam… and I renounce its hold on my life and on my family line.”

\*Note It is highly recommended that individuals who go through the Victim stronghold also go through the strongholds of Bitterness, Control, Deceit, Depression, Fear, Identity, Idolatry, Independence, Infirmity, Perfection, Poverty, Rebellion, Religion, and Rejection.