DISCOURAGEMENT & DEPRESSION

“I confess all…”

\_\_\_\_Feelings of being hopeless

\_\_\_\_Discouragement

\_\_\_\_Depression

\_\_\_\_Despondency

\_\_\_\_Despair

\_\_\_\_Giving in to Lack of Energy

\_\_\_\_Thoughts of Despair

\_\_\_\_Frustration

\_\_\_\_Being Apathetic

\_\_\_\_All Inadequacy

\_\_\_\_Infirmity

\_\_\_\_Withdrawal

\_\_\_\_Loneliness

\_\_\_\_Sadness

\_\_\_\_Oppression

\_\_\_\_Negativity

\_\_\_\_Complaining

\_\_\_\_Hopelessness

\_\_\_\_Fear

\_\_\_\_Failure

\_\_\_\_Guilt & Regret

\_\_\_\_All Grief and holding onto Grief

\_\_\_\_Condemnation

\_\_\_\_Rejection of self, others or God

\_\_\_\_Self-Hatred

\_\_\_\_All Lies I have believed

\_\_\_\_The feeling of being Overwhelmed or Exhausted

\_\_\_\_The feeling of being Limited or Weak

\_\_\_\_Lack of Motivation

\_\_\_\_Lethargy

\_\_\_\_The feeling of being Constricted or Restricted

“..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 Discouragement & Depression stronghold also go through the Strongholds of Bitterness, Death, Fear, Infirmity, Perfection, Rejection,

Failure, Spiritism, and Doubt & Unbelief.