

- *I am not normal*
- *I can't say no – Anyone can do whatever they want to me and I can't say no*
- *I should be punished*
- *Nothing good ever happens or will ever happen to me*
- *I can't do anything about it – I can't fight back – I'm too weak*
- *It's hopeless – I can never change*
- *Showing emotion means I'm weak*
- *If they knew the real me, no one would like me*
- *If I say/do the right thing, everyone will be happy*
- *God made a mistake when He made me a man/woman*
- *Their anger is my fault*
- *My father's/mother's/sister's/brother's/spouse's anger/abuse was my fault*
- *I have to earn God's love*
- *God has abandoned me – God has rejected me – God is not protecting me - God has forsaken me*
- *Nothing is ever good enough*
- *I deserve the abuse*
- *The enemy/Satan is stronger than God*
- *God wanted this to happen to me*
- *No one will ever believe me*
- *I'm stupid – I'm bad – I'm dirty – I'm shameful – I'm sick – I'm nasty*
- *I should have stopped them – I deserved it – I should have done something to stop it*
- *It's just a matter of time before it happens again*
- *If I let them into my life, they'll hurt me too*
- *Not even God can help me*
- *God could never want me because of what happened to me*
- *I am a burden*
- *No one needs me – I am unimportant*
- *God could never love me*
- *I'm never going to get any better*
- *I have no reason to live*
- *Heaven is not for me*

Remember, whether a person renounces spirits, lies, or idols, the important thing is verbally breaking any internal agreement with the enemy's plan for their life. They are saying before witnesses, "I'm done with this." Renunciation is always done in the name of Jesus.