

EKKO Advance SOZO Schemes

Illegitimacy

Feeling that you don't belong with a certain people group or situation. A constant sense of not fitting in or belonging.

"I don't fit in.

"I don't belong."

"I am different."

"My parents wanted a girl. My parents wanted a boy."

Rejection

Feelings of being rejected by significant relationships internalized a fear of rejection by others in relationships or by organizations or people groups.

"I am not accepted."

"I am not approved."

"I am not wanted."

"I am a defect."

Abandonment

Feeling neglected by significant relationships and feeling alone.

"I am alone."

"I am lonely."

"Nobody stays with me."

"Everyone leaves me."

"I have no friends."

Self-Hatred

Internalization of perceived hatred against oneself. Self-punitive, feelings of guilt, de-valuing oneself

"I am not good enough."

"I am not worthy."

"I need to change to be valuable."

Control (Fear)

Feeling controlled, not allowed to express feelings, not allowed to make mistakes, experiencing an out of control situation like a trauma or abuse. Reaction: controlling situations, environments, people, relationships, hyperdisciplined

"If I don't do this, things will get out of control."

"I must do X to feel peace."

"I'm scared that if I don't do X."

"I am going to do a good job, so the judgment doesn't happen."

Betrayal

Being betrayed or breeding the feeling of being betrayed by a significant relationship. Reaction: A fear of being betrayed, feelings of betrayed by small incidents that may lead to perceived betrayal, acting to avoid betrayal

"Everyone who loves me will eventually leave me."

"I will be cheated on."

"I can't trust you, because you seem untrustworthy."

"This act feels like you've betrayed me."

Occult

Using manipulation to control people or situation to remedy own lacking or mistreatment. Domination, intimidation, and manipulation are characteristics.

"I am going to do this even though it's a transgression, in order to obtain this for myself."

"I'm mad at you. My anger will punish you and will change you."

"I will withhold someone you need or want so that you will change."



EXAMPLES OF INNER VOWS

1. I will never let anyone touch me like that again.
The pain you were protecting yourself from: sexual abuse
The long term result: inability to be sexually intimate even when you want to be

2. I will never open up my heart again.
The pain you were protecting yourself from: abandonment and rejection
The long term result: inability to maintain relationships even when you desire to

3. I will always take care of myself.
The pain you were protecting yourself from: neglect from a caregiver
The long term result: inability to accept help from others even when you want help

4. I will always protect my children
The pain you were protecting yourself from: being unprotected by your parent
The long term result: inability to let your children take risks or go to someone else's house even when you trust that they'll be safe

5. I will always take care of myself first
The pain you were protecting yourself from: neglect, poverty, abuse
The long term result: inability to allow others to take care of you, driven to

6. I will always be successful in life.
The pain you were protecting yourself from: failure/neglect from a caregiver, rejection that you will not succeed.
The long term result: defined identity by success, difficulty with failure in self or others.

3 Sample Prayers to Break Judgments & Vows

Prayers Renouncing Judgments

Lord, I confess that I have sinfully judged _____(name the person)_____ as being ____ (insert what you judged them as)____. I confess that I am not a righteous judge. I confess that I did not view them with Your lens. You are the only fair Judge. Please forgive me of my judgments.

I renounce the judgments I have made over ____ (name the person)__. I set him/her free from my judgments. I ask You to bless ____ (name the person)____. Bless him/her ____ (insert how you view God blessing them)____ and separate them from all attachments to my judgments. Thank You for forgiving me of the sin of judging and for cancelling the effect my judgments have had on _____ (name the person)____.

Lord, forgive me if I have punished, humiliated, or shamed ____ (name the person)____. I ask for Your help to extend grace when they make a mistake, instead of judging them. I intercede on their behalf, and pray this prayer for them: _____ (insert your prayer for them)_____.

In Jesus' Name – Amen.

Prayer of Renouncement of Vows

Lord, I ask that you show me any areas of my life where I have made vows in order to protect myself. Lord, I take back those words/vows I made. Those words were not from You and I renounce the vow that ____ (insert vow you made i.e., never let anyone hurt me again, always be the strongest, smartest, prettiest..., never be like my father or mother, always have a plan B, never have expectations).

Instead of self-protection, I ask You God to melt my heart and give me a heart of trust towards You. I know that people will let me down and I may be hurt again but I also know that You will be there to bind up my broken heart. I no longer trust in my own strength but entirely rely on You. You will always be my God who ____ (insert names of God here)____. In Jesus' name, Amen.

Prayer Forgiving God

Lord, forgive me for holding you responsible for the sin and pain in this world. You intended what is good and peaceful for me, but I misjudged you as evil and revengeful. I confess that You are not evil, but Satan and his plans intend to steal and destroy my life. I forgive You and release you from owing me any apology or an explanation. Specifically, I release the hurt I felt from You when _____ (name specific hurt you felt from God). Help me to see who you are more clearly and to see Your good plan for my life and this world. In Jesus' name, Amen.