

LIST OF TYPICAL VOWS

- I don't matter.
- I'm not good enough.
- What's the use in trying, I'll never be good enough.
- I'm an outcast.
- No matter what I do, they're going to violate my boundaries.
- I'm not allowed to have boundaries. Even if I had boundaries, they wouldn't be honored.
- I'll just suck it up and go on.
- I'll just pretend it doesn't hurt and go on.
- Nobody will believe me.
- No one will hear my heart, or listen to me, or validate me, or acknowledge me.
- Emotions don't matter.
- It's my fault.
- I'm worthless.
- I'd better be perfect.
- Everyone gets what he or she wants; I never get what I want. When is it going to be my turn?
- I'm defective.
- I don't have time for emotions.
- I can't access my emotions.
- I won't access my emotions because it is too painful and not safe.
- Emotions can't be trusted.
- I have no control over it (my circumstances).
- It's OK to hurt me because I deserve it.
- No one is going to hurt me again/twice.
- I'll never be hurt by a man/woman again.
- I'll never let a man/woman hurt me again.
- I'm going to put up walls and I'm not going to give anyone another chance.
- I had no choice except to try to get along with others because I was so emotionally crippled.
- I don't love God for who He is, I love Him for what He has done for me.
- I'm supposed to save this marriage.
- Don't you get it?
- What's wrong with me?
- I'd better look good.
- I don't want to respond to the emotional needs of others.
- I'm not able to respond to the emotional needs of others.
- I don't want boundaries – they're a fence.
- Emotions are not valid, not logical, and they are not safe.
- I've got to be king.
- I'm just a door mat.
- I'm a victim.
- What is wrong with me? Why can't I get my life together?
- I'm just not motivated.
- I'm depressed.
- It's just so hard (self pity).
- Men don't cry.
- Men don't hug.
- Men have to be tough.
- Men have to be strong.
- I am unclean.
- It only hurts for a little while.
- Time heals all wounds.
- Nothing is true, everything is permissible. (Situational Ethics)
- You can't teach an old dog new tricks.
- I have to take care of everyone and I don't have time to take care of myself.
- I'll always find a way out; I'll survive.
- I'm always manipulated.
- People always take advantage of me.
- If someone else does something, then I have to replace it or make it up.
- It's just not for me.
- I'm not going to have my turn.
- I'm going to make the best of what I've got.
- I'm going to carry my cross and the thorn in my flesh.
- I have to steal the relationship (of my dad from my mom/of my mom from my dad).
- I have to be good.
- I'm bad seed.
- I have bad blood.
- I'm defensive in everything because people try to take advantage of me.
- I'm not going to be like my (mother/father).
- You always hurt the one you love.
- I'm not going to change.
- I can't change.
- I've always been like this.
- I've always done it this way.
- This is the way it's always been.
- You can never tolerate the truth, it is too painful.
- Children are to be seen and not heard.
- Feelings should not be expressed.
- Be strong, good, right and perfect, and make us proud of you. Don't be selfish.
- It is not OK to play or be playful.
- Keep peace at any price