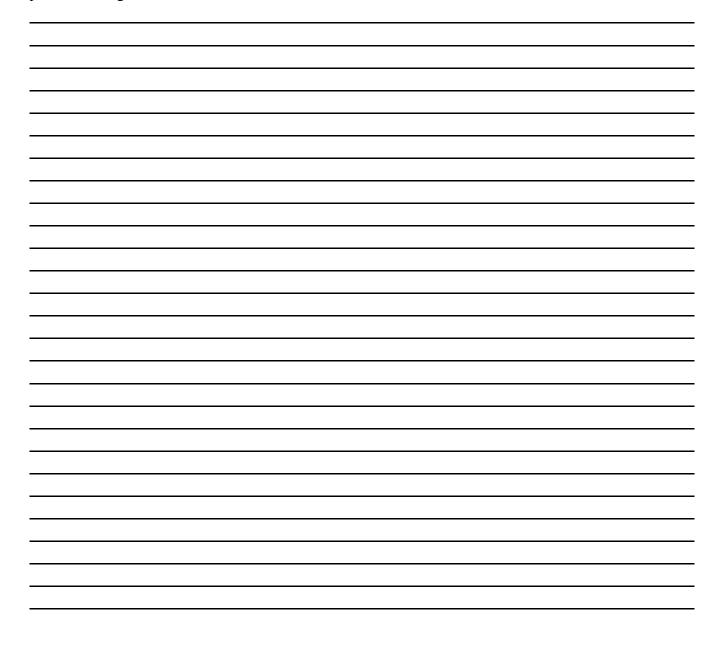
Documenting Vows

Use this worksheet to document any vows you may have made. It is important to document all of them. Ask God to show them to you. We will deal with these things later. Be complete in your description and don't reword them to soften them or make them more palatable. Some examples are -I will never let anyone hurt me again, I have to protect myself because no one else will, I will do whatever it takes to earn _____'s love. Keep this page handy and add to it as you continue down the path to healing.



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