

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.

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.