

The following is a list of typical Vows and Judgments

When I grow up, no one is ever going to tell me what to do.

- I will never trust a man again.
 - I will never trust a woman again.
 - I will always follow the crowd.
 - I will never get married.
 - I will never have kids.
 - I will never fly on an airplane.
 - I will never fall in love again.
 - I will never again let anyone hurt me, or get close to me.
 - I will never be poor.
 - I will never again embarrass myself in public.
 - I will never speak in public again.
 - I will never go to church when I am grown up.
 - I will never be strict with my kids.
 - I will never trust God again
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- 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.
 - I'll just pretend
 - It doesn't hurt and go on.
 - No body will believe me.
 - No one will hear my heart, or listen to me, or validate me, or acknowledge me.
 - Emotions don't matter.
 - Feelings should not be expressed
 - It is not OK to play or be playful.
 - 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.

- No matter what I do, they're going to violate my boundaries.
- I'm not allowed to have boundaries. Also the expectation that I wouldn't have any boundaries, they wouldn't be honored.
- I'll just suck it up and go on.
- It's my fault.
- I'm worthless.
- I'd better be perfect or they won't like me.
- Everyone gets what he or she wants; I never get what I want. When is it going to be my turn?
- I'm defective.
- What's wrong with me?
- 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'm not going to give anyone another chance.
- 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 are a fence.
- Men have to be tough.
- Men have to be strong.
- I am unclean.
- Time heals all wounds.
- It's just not for me.
- I'm not going to have my turn.
- People always take advantage of me.
- I'm a bad seed.
- I have bad blood.
- I've always done it this way.
- This is the way it's always been.
- If you remember, you will die.

- Emotions can't be trusted.
- Keep peace at any price.
- I'm suppose to save this marriage.
- I've got to be king.
- I'm just a door mat.
- I'm a victim.
- I have to be good.
- I'm depressed.
- It's just so hard (self-pity).
- Men don't cry.
- Men don't hug.
- Nothing is true, everything is permissible. (Situation Ethics)
- You can't teach an old dog new tricks.
- I have to take care of everything and I don't have time to take care of myself.
- 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.
- If you trust anyone, they'll hurt you.
- If anyone says they love you, they're not to be trusted.
- God does not love. He hates and uses people and so does your dad.

- If you remember, your family will die.
- You can never tolerate the truth, It Is too painful.
- If you hug anyone, they'll end up hurting you really bad.
- If you love anyone, they'll crush your heart, or they'll be killed.
- There's no God.
- Children are to be seen and not heard.
- We're dumb and stupid. We'll never amount to anything.
- Women are not good.
- Women are only to be used.
- Women are weak.