People Who Have Wounded Me

Name:		Date: Page:
• Father (Bio/Step)	• Siblings	 Believers/church situations
Mother (Bio/Step)	• Friends	Others
Grandparents	 Teachers/Students/Class Experiences 	 God/Ways God has hurt you
Other family members	Employer/employees	Yourself
curer jammy members		
individuals who have wounded you	How they wounded you	Describe the emotional pain you felt
se first names if possible to identify)	(List issues and events)	(List 5 or 6 Emotional pain words for each
	•	

contracts in my life caused by my bitterness. I take back the ground I gave to Satan by my bitterness, and I yield that ground to You."

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List individuals who wounded you (Use first names if possible to identify)	How they wounded you (List issues and events)	Describe the emotional pain you felt (List 5 or 6 Emotional pain words for each)
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Lucrd. I choose to forgive (Name)	for (The way I was wounded) . causing me to	fool /The emotional pain folt) 1 am willing to
TOTAL CONTROL OF THE INTERPRETATION OF THE I	TOT THE WAY I WAS WOUTHERD TO CAUSING THE TO	icci ine emononarbani ren . Latti wiini 2 10

"Lord, I choose to forgive (Name) for (The way I was wounded), causing me to feel (The emotional pain I felt). I am willing to pay for the emotional pain and consequences that (Name) caused me. I ask you, Jesus, to break and void all of Satan's strongholds and contracts in my life caused by my bitterness. I take back the ground I gave to Satan by my bitterness, and I yield that ground to You."