

Breaking Old Agreements: A Guided Workbook for Freedom & Alignment

Understanding protective patterns, releasing outdated agreements, and stepping into truth.

PART 1: Understanding Protective Agreements

When we experience stress, trauma, rejection, or instability, our nervous system forms agreements to keep us safe. These are adaptive survival strategies — not conscious decisions.

Examples of protective agreements:

- If I please people, I won't be abandoned.
- If I perform well, I will be valued.
- If I don't charge much, I won't be rejected.
- If I stay small, I won't be attacked.
- If I never need anyone, I can't be hurt.

At one point, these beliefs reduced danger. But survival strategies are not meant to become identity.

Neuroscience Insight:

When we form an agreement under stress, the amygdala encodes threat memory. The body stores the associated response pattern. The brain wires repetition into identity. The brain's job is safety — not truth.

PART 2: Identify the Agreement

Journal Prompts:

1. What rule do I live by that feels heavy?
2. What do I believe will happen if I stop following it?
3. When did I first learn this rule?
4. How did it protect me?
5. Is this still protecting me — or limiting me?

Reflection

Space: _____

PART 3: Somatic Awareness Practice

Close your eyes and say your agreement out loud. Example: 'I have to perform to be valued.'

Notice what happens in your:

- Jaw
- Chest
- Stomach

- Breath

Where does your body tighten? Write what you notice:

Now say: 'I no longer need this rule to be safe.' Notice what shifts.

PART 4: Releasing the Agreement

You may say:

- I thank this belief for protecting me.
- But I release it now.
- I am safe to live without this agreement.

If faith is part of your life, you may add:

- In the authority of Christ, I break agreement with any lie about my worth.
- I receive truth: I am already secure.

PART 5: Replacing the Agreement

Choose a new aligned belief:

- My value is intrinsic.
- Peace is my filter.
- I can say no and still be loved.
- I charge in alignment with impact.
- I choose from clarity, not fear.

Write your new agreement:

PART 6: Integration Ritual

Write the old agreement on paper. Fold it. Say: 'This served me once. It does not serve me now.' Tear it up. Then write your new agreement and place it somewhere visible.

Commit to repeating your new agreement daily for 30 days.

Closing Reflection

- What feels different in your body?
- What resistance showed up?
- Who are you becoming without this agreement?

You are not broken. You were protective. Now you are powerful enough to choose differently.

