

Module 2: Release

Everything we do begins with a decision. We can choose to Release things or hold on to them and allow them to fester and grow on the inside of us like a fungus causing us to be sick.

We must Release it all for our own health and well-being.

I shared with you about my marriage to a drug addict and how I couldn't *Breathe* for 18 years.



You may be in a similar situation. Whether what you're going through now looks like my life or completely different, we all have something or someone keeping us from *Breathing*, and we need to Release it so we can be free.

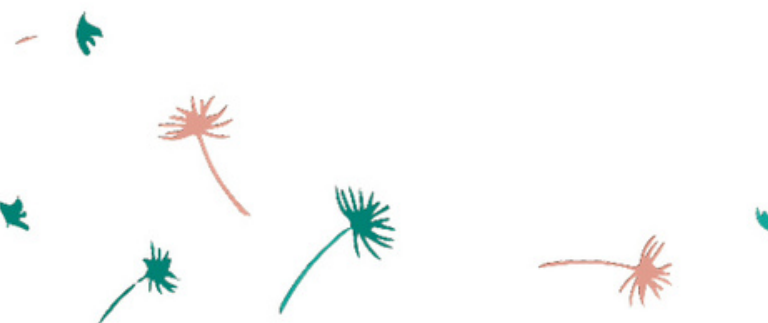
RELEASE is the next tool in the *Breathe* process so you can live an abundant stress-free life.

Release means:
To allow or enable escape from confinement;
To set free, permitting something or someone to move, act or flow freely;
To free from anything that restrains; to let go.

We need to release negative People, Places, and Things so we can finally *Breathe* freely and easily. It may be old wounds, painful memories or toxic people.

We need to let go of everything that's holding us back. It's time to RELEASE.

We'll break down each area hindering you into three categories.



1. Release People

People are the relationships in our life.

They can be intimate relationships, family, friends, or even clients but they're toxic, damaging or unbalanced relationships.

We're going to Release these people so they can no longer hold us hostage to their toxic words or actions.

2. Release Places

Places are the environments where we live, work and play.

They can be anything from events, church, meetings, work, or parties.

We'll learn to release Places that aren't life-giving or purpose-driven.

3. Release Things

Things can be:

- Triggers that activate a negative emotion or reaction
- Trying to control other People, Places or Things
- Excuses
- Blaming Others
- Drama
- Self-Sabotage
- Mindsets – Thoughts

Things can be emotions like:

Anger, Anxiety, Worry, or Fear.

They can also be self-soothing mechanisms like: Drugs (prescription or illegal), Alcohol, Shopping or Food.

Things can be activities we consume:

Music, Movies, Games, Social Media or TV.

Things are anything dragging you down and hindering you from living your best life.

**What is keeping
you from
BREATHING that
you need to
Release?**

**Let's use our 5 P's
Tool to break down
the People, Places
and Things so you
can finally
RELEASE.**





Pause

Pause and think about what you're thinking.

You're going to think about the People, Places and Things in your life and see what's preventing you from moving forward?

We'll break down People, Places and Things and how you can pause to think about each area.

Pause and Think About People

To be good to anyone, we must first be good to ourselves. That's a learning process that starts by Releasing the negative people in our lives.

Pause and Reflect on People Exercise

Reflect and write down your answers to these questions:

Who in your life makes you feel energized, loved or encouraged after hanging out with them?

Do you have any people in your life that just being around them sends your blood pressure through the roof? Who are they?

Are there any people that you feel inferior or discouraged when you're around them? Write their names down.

Who do you struggle to be your real self around?

We're in observation mode right now, so just make notes of your answers. You may or may not need to Release these people. We'll process them with the following tool.

Pause and Think About Places

You need to Pause and think about where you spend your time so you can see what Places you need to Release.

Pause and Reflect about Places Exercise

Pause to think about Places in your life and make a list of Places you spend the most time.

✓ Checkmark those places you feel encouraged, energized or grow when you're in them.

Put an X next to the Places you feel any negativity, change the way you show up, or cause you to compromise your standards when you're there.

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Pause



Pause and Think About Things

Life is short. If we're busy doing all the Things that suck the life out of us or steal our time, then we won't do the stuff that matters.

Pause to think about what Things are hindering you from [Breathing](#).

Pause and Reflect about Things Exercise

Yes No

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Are you making excuses that cause you to play small? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you blame others for your failures, attitudes, or what you can accomplish? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you addicted to drama? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have any unhealthy self-soothing mechanisms such as prescription or illegal drug addiction, alcohol abuse, over shopping, excessive eating or eating disorders? |

If yes, list them here:



Pause



What Things trigger strong emotions or negative reactions?

What do you consume, such as music, movies, games, social media or TV, that's unhealthy or hindering you?

What areas might you be self-sabotaging?



Pause



What are the mindsets that are limiting you or holding you back in life?

What emotions do you regularly experience that generate stress in your life?



1 2 3 ...

Process



When I processed my marriage, I realized some profound things:

- Everything I was going through directly resulted from wanting something God never promised me.
- I married even after discovering his addiction because I thought I could change him.
- I compromised my values by hiding the truth from my family because I was embarrassed to tell them.
- I wanted my marriage to work, so I chose to believe the lies.
- I wanted my children to grow up in a two-parent household, so I stayed way too long.

None of this is healthy, but I had to Process it to see my marriage for what it was. I can't fix what I don't know is an issue.

Remember, some people in our lives are only meant to be there for a season, and when the season is over, we need to Release them, or it could get toxic.

We need to process the People, so we know how to move forward.

Process People Exercise

Look at the list of people you wrote down on page 30 when you Paused.

Evaluate the pros and cons of the relationship. Think about how you engage with people:

- Are they an **asset** or **liability**?
- Can I be my best self around this person? **Yes** or **No**
- Does this relationship have potential, or is it salvageable? **Yes** or **No**
- Do I need to set healthy boundaries? **Yes** or **No**
- Is there a seasonal person in my life that I'm still holding on to past the expiration date? **Yes** or **No**



Process The Places In Your Life

Some Places you may find you go to because it's a habit or you feel obligated and some are toxic Places. They hinder our ability to **Breathe**.

Process Places Exercise

Look at the list you made of Places during the Pause reflection exercise on page 31.

Process the places you put an **X** next to that you felt negativity of any kind, changed the way you show up, or caused you to compromise your standards.

Which Places do you need to Release?

Are there any Places you know will be hard to Release? Why is that?

Are there any Places you can't Release for some reason? If so, why do you feel you can't Release those Places?



Process The Things In Your Life

You need to Process whether Things add or subtract from your life.

If you have emotional Things, triggers or defense mechanisms, you need to Process why?

- What caused them?
- Why are they an issue?
- What's the story behind these Things?
- Why did I create that story?

Remember, you can't fix something you don't know is a problem, so we need to uncover the root issue.

Process Things Exercise

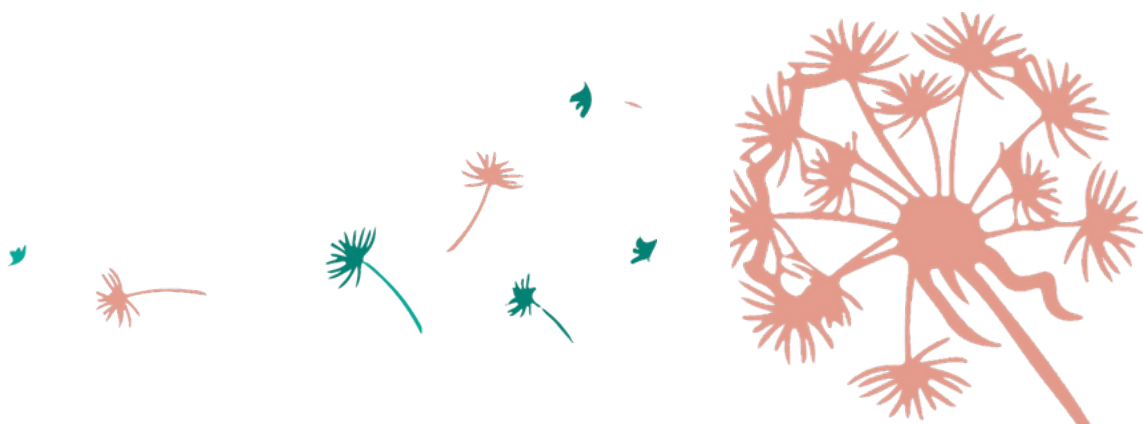
Look at your list of Things from your Pause exercise earlier on page 32.

Ask yourself these questions to Process through each Thing.

- Why are they an issue?
- What's the story behind these Things, or what caused them?
- Why did I create that story?
- What do I gain if you Release them?
- What do I gain or lose if you don't Release them?

Now, for each Thing, ask yourself, "Am I willing to Release the Things holding me back?"

Write your answer next to each Thing on your list on page 32.





Pray

Releasing toxic People, Places and Things is no easy task, and you can only do it through our next Tool—Prayer.

In prayer, God showed me I needed to Release my abusive, toxic marriage in order to move forward in my life and that I was punishing myself this whole time. He never joined me with this man; it was me.

God had already Released me—I needed to now Release myself from the toxic relationship and the guilt.

There is nothing you can do, right or wrong, that can separate you from God’s love. We can live a “hell on earth” because of our decisions, but God’s not rejecting us. He’s calling us to come closer to Him.

ROMANS 8:38-39 NIV

FOR I AM CONVINCED THAT NEITHER DEATH NOR LIFE, NEITHER ANGELS NOR DEMONS, NEITHER THE PRESENT NOR THE FUTURE, NOR ANY POWERS, NEITHER HEIGHT NOR DEPTH, NOR ANYTHING ELSE IN ALL CREATION, WILL BE ABLE TO SEPARATE US FROM THE LOVE OF GOD THAT IS IN CHRIST JESUS OUR LORD.

Pray Guidelines

First, when you Pray about the People, Places and Things, ask the Lord to empower your every step.

Next, ask Him how He wants you to proceed.

JAMES 1:5 NIV

IF ANY OF YOU LACKS WISDOM, YOU SHOULD ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT FINDING FAULT, AND IT WILL BE GIVEN TO YOU.

God will give you wisdom on what to do and how to handle each situation.

As you Pray and bring the People, Places and Things you may need to Release, the Lord will sharpen your discernment.



Pray About The People You May Need To Release

Take the list of People you Paused and Processed on page 30 and bring them before the Lord.

- Ask how God wants you to proceed.
- Do you Release them?
- If you need to Release them, ask Him for wisdom on how to Release them.
- Do you salvage the relationship?
- If He guides you to salvage the relationship, ask how you should do that.

Continue to Pray for the People in your life.
Pray that He surrounds you with people who hold you accountable to His Word, are life-giving and help you fulfill your purpose.

Pray About The Places You May Need To Release

Look at your list of Places on page 31 that you Paused and Processed.

- Bring them to God and Pray.
- Ask Him how you should proceed.
- Ask Him which places you need to Release.

Also, continue to Pray as you encounter new Places.

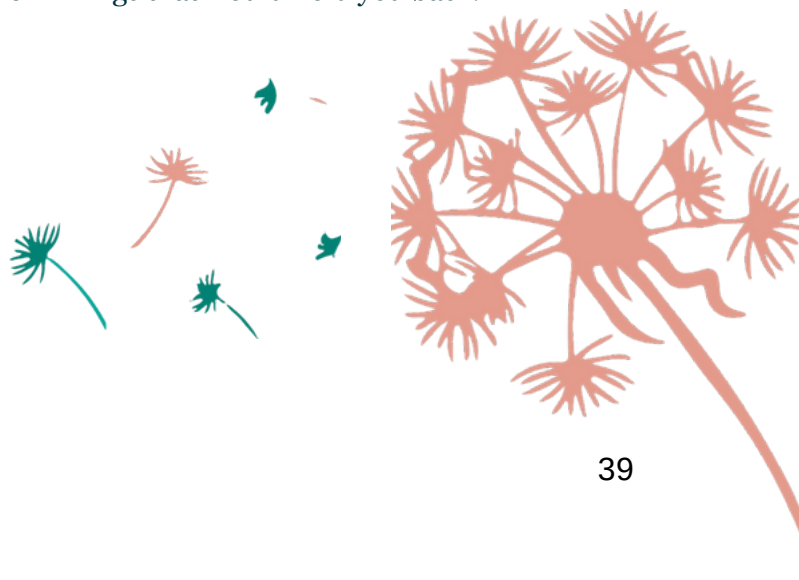
- Pray for discernment when you visit Places.
- Ask whether you should go there in the first place?
- Should you stay or leave if you sense something is off?

As you grow closer to God, you'll hone your ability to hear His voice and perceive His direction.

Pray About The Things You May Need To Release

Look at your list of Things you Paused and Processed on page 32 .

- Bring them to God and Pray.
- Which Things is God asking you to Release?
- Pray for strength and wisdom to avoid any new Things that would hold you back.



Pray Reflection Moment

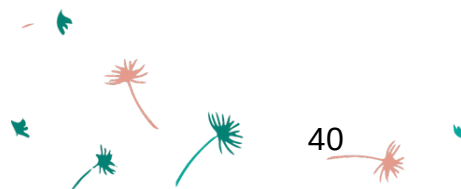
After you Pray, write down the People, Places and Things God is calling you to Release.

- What People in my life do I need to Release?
- What Places in my life do I need to Release?
- What Things in my life do I need to Release?

Journal any other insights God gave you as you spent time with Him in prayer.

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Prayer





Prayer





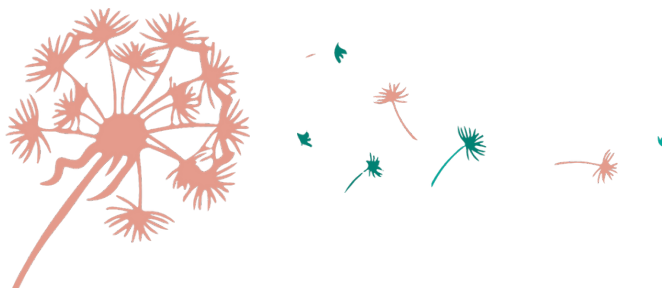
Plan

You need lay out a Plan of how you're going to Release the People, Places and Things.

Plan to Release People

- What plan do you need to develop to Release People?
- How will you Release them? Are you going to have a conversation with them? What will you say? Plan it out.
- What will you do when you tell someone you're not continuing this relationship and they object?
- How will you respond when people question you or say things about you behind your back?

Write down your Plan to Release People here:



- When you're proactive, you're being preventive.
- You're looking at what could happen and creating an escape plan if you find yourself in an unhealthy Place.
- You're also ready to Release a Place before you get into a bad situation.

Write down your Plan to Release Places here:

[illegible]

Plan



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Write down your Plan to Release Things here:

[illegible]



Pivot



This is where the rubber meets the road.

You're going to put your plan into action and Pivot. You're going to Release the People, Places and Things in your life.

Pivot Exercise

How do you need to Pivot so you can implement your Plan to Release People, Places and Things?

Write How You'll Pivot From People Here:



[illegible]



Don't forget, too, that you must pivot from the negative thoughts. Otherwise, it'll take you down the rabbit hole.

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Wrap Up

If we hold on to People, Places and Things that we shouldn't, it affects our ability to **Breathe** and be our genuine selves.

Release them and allow God to do a mighty work in you and propel you into the woman God has called you to be.

Prayer of Release

Father, help me to meet new friends - friends who will encourage me. May I find the companionship and fellowship You have ordained for me in these friendships. You are my source of love, companionship, and friendship. Your love and friendship are expressed through my relationship with You and members of the Body of Christ.

According to Proverbs 27:17, as iron sharpens iron, so friends sharpen the minds of each other. As we learn from each other, may we find a worthy purpose in our relationship. Keep me well-balanced in my friendships so I will always please You rather than other people.

I ask for divine connections - good friendships ordained by You. Thank You for the courage and grace to release destructive relationships. I ask and receive, by faith, discernment for developing healthy relationships. Your Word says that two are better than one because if one falls, there will be someone to lift that person up.

Father, You know people's hearts, so outward appearances won't deceive me. Bad friendships corrupt good morals. Thank You for quality relationships and surrounding me with people who help me build a stronger character and draw me closer to You.

Thank You, Lord, that I can entrust myself and my need for reciprocal relationships, healthy friendships, and partnerships into Your keeping. I submit to the leadership of the Holy Spirit, and I ask for all of these things or better in Jesus' name. Amen.

Scripture References

PROVERBS 13:20 NIV

1 CORINTHIANS 15:33 AMP

EPHESIANS 5:30 NIV

JAMES 1:17 NIV

PHILIPPIANS 2:2,3 NIV

PROVERBS 17:17

ROMANS 12:15

PSALM 84:11 NIV

PROVERBS 18:24

JAMES 1:5 NIV

ROMANS 8:38-39 NIV

