RELEASING UNHEALTHY SOUL TIES

Deep relational bonds—sometimes referred to as "soul ties"—are the lasting emotional and energetic connections we form with other people. These connections can be healthy, loving, and supportive, or they can feel heavy, fear-based, and controlling.

To understand how soul ties affect us, it helps to look at the three core parts of a person: the body, the soul, and the spirit.

> **The Body:** Our physical self.
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> **The Soul:** Our inner psychological life—specifically our mind (thoughts), our emotions (feelings), and our will (choices).
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> **The Spirit:** Our deepest core, which is grounded in a transcendent, unconditional love (the connection to our Creator). This deepest part of us remains steady and unshakeable.

Relational bonds are built and reinforced through ongoing interaction and shared experiences. Naturally, our strongest connections are with spouses, family members, and close, long-term friends. Other connections—like those with a former boss, a childhood friend, or someone from a brief encounter—may feel intense for a season, but they tend to fade once the relationship ends.

When a connection is unhealthy or keeping you stuck, the lingering emotional weight naturally begins to lift when the active cycle is broken—specifically, when you stop investing mental energy into the other person, talking about them, or engaging with them.



Who do we form soul ties with?

The short answer is anyone with whom we share a meaningful mental, emotional, or intentional connection. Soul ties form across the three parts of our inner life—our mind, our emotions, and our will—and they can happen in different ways:

1. Connections Through the Mind

> **One-Way Mental Fixation:** Sometimes a connection is entirely one-sided, happening when one person has obsessive thoughts toward someone else without their knowledge or consent. Even without direct contact, being the focus of intense scrutiny or fixation can feel subtly draining—something public figures experience on a massive scale from both devoted fans and vocal critics.
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> **Mutual Mental Bonds:** Healthy mental bonds happen when two people are collaborating happily on a project, having uplifting conversations, or simply enjoying feeling "like-minded." Unhealthy mental dynamics happen when someone tries to manipulate another person, wishes them ill, or gets locked into constant, draining friction over differing opinions.

2. Connections Through Emotions

Healthy vs. Draining Dynamics: Healthy emotional soul ties are rooted in genuine care and leave both people feeling supported and energized. Unhealthy ones leave you feeling chronically depleted.

Mixed Bonds: It is entirely possible to have both healthy and unhealthy dynamics with the exact same person. For instance, you might genuinely care for a friend, even when they pressure you into behaviors you don't want to participate in, like heavy drinking. You can protect and strengthen the healthy side of that bond by maintaining unconditional care for them while firmly saying "no" to their destructive habits.

3. Connections Through the Will (Our Choices)

Respect vs. Control: Healthy soul ties of the will are built on mutual respect—allowing another person the freedom to be who they choose to be, even when you disagree with their words or actions. Unhealthy ties form when one person tries to override another's autonomy through control, harsh judgment, or coercion.

Strengthening Healthy Soul Ties: Deepening a positive connection is straightforward: lead with genuine love and goodwill. Even if the other person has their guard up, choosing a posture of grace and care shifts the relational atmosphere for the better.

Releasing Unhealthy Soul Ties: Letting go of a toxic or draining soul tie takes intentional effort. It usually requires internal forgiveness paired with practical, real-world changes. After deciding to release an unhealthy dynamic, you might need to clear out physical reminders or mementos of that person. It also means setting clear boundaries, such as: *"Don't call me when you're using. If you decide to get help, let me know, and I'll consider how I can support you."* In doing this, you aren't necessarily cutting the person out of your life entirely—you are simply severing the unhealthy dynamic while leaving room for something healthier.

Signs of Unhealthy Soul Ties

When a connection becomes entangled or unhealthy, it often shows up in our daily thoughts, emotions, and behaviors. You might be carrying an unhealthy soul tie if:

You feel trapped harm: You are in a physically, emotionally, or spiritually harmful relationship, yet you feel so deeply attached that you struggle to set boundaries or walk away.

You can't mentally let go: Even after a relationship ends, thoughts of the person constantly intrude on your mind when you want to move on.

You feel a lingering sense of their presence: You experience vivid, recurring dreams about them, or feel a hyper-vigilant sense that they are watching or monitoring you.

They intrude on current intimacy: Thoughts of a past partner repeatedly surface when you are trying to be emotionally or physically intimate with someone else.

You absorb their destructive habits: You find yourself adopting the other person's negative behaviors or compulsions, even when they go against your own values.

You isolate yourself to protect the relationship: You find yourself constantly defending the person or the relationship, even as it harms your well-being and damages your healthy connections with family and friends.

You mirror their distress: You feel overly responsible for—or deeply absorb—their moods, crises, and struggles as if they were your own.

How to Release Unhealthy Soul Ties

1. Take an Honest Inventory
One effective way to untangle unhealthy attachments is to write down the names of people with whom you have had painful, draining, or unresolved experiences—including people who still hold resentment toward you. If you don't know someone's name, use a simple descriptor (e.g., *"the person who attacked me"* or *"the person from the party."*)

Review these common areas of life to see where unresolved emotional weight might be lingering:

Family and Upbringing: Parents, siblings, extended family, teachers, or coaches.

Intimate Relationships: Past romantic or sexual partners, unrequited crushes, or people involved in intense emotional or romantic fantasies.

Conflict: Abusive partners, bullies, enemies, those who have hurt you, or people you have hurt.

Authority Figures: Employers, coworkers, mentors, pastors, spiritual leaders, public figures, or political leaders.

Unresolved Emotions: Anyone you struggle to forgive, people you obsessively think about, or anyone who has crossed your boundaries (such as stalkers or overly intense admirers).

2. Decide on Boundaries and Contact
Review your list one person at a time and decide what role, if any, they should have in your life moving forward:

Ending the Connection: If the relationship needs to end, communicate a clear boundary if it is safe to do so, and block further contact if that boundary isn't respected. Stop rehearsing past arguments in your head and avoid venting about them to others.

Redefining the Connection: If the person will remain in your life, establish firm parameters around what you will and will not tolerate.

3. Reclaim Your Emotional Energy

Address One-Sided Attachments: Sometimes an attachment is entirely one-sided, fueled by infatuation, jealousy, guilt, or regret. Identify where your energy is out of balance, unhook your focus from them, and practice self-forgiveness for getting caught up in the dynamic.

Reset Mutual Relationships: In ongoing, close relationships, nurture what is healthy and loving while stepping back from reactive patterns and constant conflict. You cannot control the other person, but you can control what you bring to the table. Adjust your level of contact as needed to protect your peace.

4. Practice Forgiveness and Intentional Closure
True release comes from letting go of bitterness so you aren't continually tethered to the past. Forgive the other person for the harm they caused—remembering that forgiveness is about freeing yourself, not excusing their behavior—and take honest ownership of your own part in the dynamic.

To bring a sense of emotional and spiritual finality, choose a closing practice that resonates with your beliefs. If you are a person of faith, take time in prayer to invite God into the process. Imagine cutting any unhealthy cords or hooks connecting you to the other person, reclaiming your sense of self, and asking God to heal and restore the emotional space they left behind. *(If prayer isn't part of your practice, you can use this same visualization as a mindfulness exercise to mentally release the ties.)*

As a symbolic act, you consider writing an uncensored letter expressing everything you need to say to the person, and then safely tear it up or burn it as a tangible way of letting go.

Guided Prayer and Reflection for Releasing Unhealthy Soul Ties

Note: If you are a person of faith, you can read this aloud as a sincere prayer. If you do not identify with a specific faith tradition, you can read it as an intentional affirmation and meditation—simply adapting the opening address to whatever feels authentic to your own sense of truth, love, or inner wisdom. When you are ready, speak these words aloud with calm conviction. As you move through this, emotions or physical sensations may surface as your nervous system lets go of tension. Simply allow them to pass without judgment. Over the next few days, you may feel lighter, clearer, more emotional, or simply in need of rest as your mind and body recalibrate.

Creator of life, Source of truth and unconditional love,

I come into this moment with honesty and openness. You know my whole self—my body, my deepest spirit, and my inner life of thoughts, emotions, and choices. You understand every relationship I have experienced and every connection that has shaped me.

Today, I ask for clarity and truth to bring to light any unhealthy relational bonds within me—whether formed through my thoughts, emotions, past relationships, or lingering attachments that no longer serve what is good, healthy, and life-giving.

I recognize that while some connections in my life have been loving and supportive, others became draining, controlling, or harmful. Where I have become entangled in dynamics that weakened my peace, clouded my thinking, influenced my habits in destructive ways, or caused emotional, physical, or spiritual harm, I choose to release those ties now.

I make the deliberate choice to forgive those who have hurt, manipulated, judged, or controlled me. I let go of my resentment and anger toward them—not to excuse their actions, but to free myself. I also ask for grace and forgive myself for any ways I have tried to control others, judged them harshly, or held onto unhealthy attachments out of fear, obsession, guilt, jealousy, or regret.

Source of love and truth, I intentionally step back from and release every unhealthy relational bond in my life—especially connections formed through:

Manipulation or control

Emotional dependency

Harmful intimacy or abusive dynamics

Obsessive thoughts or mental fixation

Confusion or deception

Unhealthy habits or destructive influences

I ask that every unhealthy tether attached to my mind, emotions, or will be gently and completely severed. Where these ties left pain, exhaustion, or a loss of my true self, I ask for deep healing and restoration. Help me reclaim my peace of mind, emotional balance, and freedom of choice.

Remove from me any heavy burdens, lingering negativity, or destructive patterns that I absorbed from others and that do not belong to me. Heal and seal the emotional spaces where those unhealthy ties once lived, filling them instead with clarity, strength, groundedness, and love.

Give me the wisdom to set healthy boundaries, the courage to walk away from what harms me, and the discernment to recognize and nurture what is truly good. Teach me to love others generously without losing myself, and to respect the freedom of others while fiercely protecting my own peace.

From this moment forward, I choose connections rooted in mutual respect, honesty, and genuine love. May my thoughts, emotions, and choices align with wisdom and truth, and may I remain anchored in peace. Thank you for this healing, renewal, and restoration. Amen.

What to Expect After Letting Go

Releasing an unhealthy relational bond is not about denying what happened or pretending it didn't hurt. It is a deliberate decision to sever the emotional and mental soul ties that keep you tethered to past pain or control. When you do this, you are choosing freedom over entanglement, clarity over confusion, and your own inner peace over lingering external influence.

Navigating Internal Resistance

When an attachment has been reinforced by trauma, deep fear, or long-standing harmful patterns, letting go can stir up temporary internal resistance. You might notice sudden distractions, self-doubt, unusual fatigue, headaches, muscle tension, or a churning stomach as your mind and body process the shift. Do not be intimidated by these reactions. Simply acknowledge them, breathe through them—often releasing tension through a deep sigh or yawn—and refuse to buy back into old fears or self-blame. Unhealthy patterns lose their power the moment you stop agreeing with them.

Stepping Into Renewal

As these unhealthy attachments dissolve, you create space for genuine healing and a stronger sense of who you are. In the days ahead, you may notice less mental fixation, fewer intrusive memories, and a quieter, steadier mind. Some people feel a sudden burst of energy, while others need extra sleep and quiet time while their nervous system adjusts.

Today marks a meaningful shift. You have chosen healthy alignment over draining attachment. Guard your peace. If old memories or heavy emotions try to pull you back into that dynamic, calmly reaffirm your decision and refuse to step back into what you have chosen to leave behind.