

HEALTHY VS. UNHEALTHY

Soul Ties CHECK LIST

A reference guide for teaching the difference



UNVEILED
FOUNDATIONS

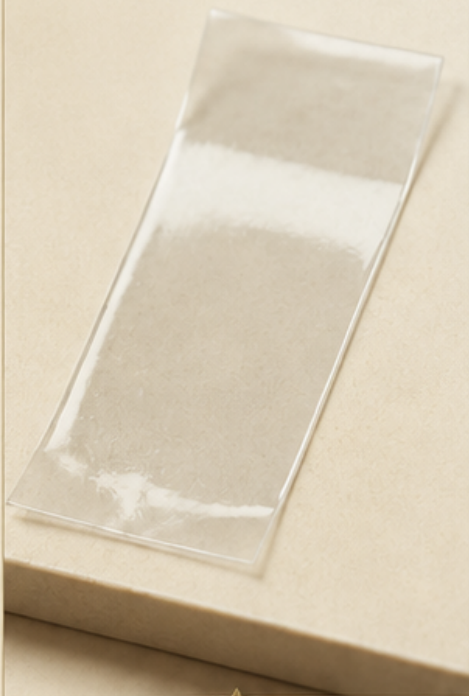
THE SOUL & ATTACHMENTS

Guard your heart. Every attachment leaves a mark.

1

HEALTHY SOUL

- Crystal clear.
- Strong adhesive.
- Firmly attached to one clean surface.



Leaves... Cleaves...
Becomes One.

2

REPEATED ATTACHMENTS

Stuck to many different surfaces.
Dust. Hair. Fabric fibers.
Dirt. Small paper fragments.
The adhesive is covered
with residue.



Repeated Attachments
Leave Residue.

3

WEAKENED SOUL

Attempting to stick
to a new clean surface.
Barely adheres.
Edges lift.
Residue prevents
a firm bond.



Too Many Layers
Weaken the Ability
to Cleave.



Therefore a man shall leave his father and his mother
and hold fast to his wife, and the two shall become one flesh.

GENESIS 2:24

HEALTHY VS. UNHEALTHY SOUL TIES

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Welcome — You Just Took the First Step Toward Untangling Your Soul.

If you've ever loved someone — or something — so deeply it was hard to tell where you ended and they began, this guide was made for you. What you're holding isn't a list to make you feel exposed. It's a mirror, so you can finally see clearly, and a map, so you know exactly what to do next. Some of what you'll read may sting a little — that's not condemnation, that's revelation. And revelation is always where freedom starts. Let's untangle what's been tangled.

What Makes a Soul Tie Healthy or Unhealthy

The tie itself isn't the problem — connection is how God designed us. What determines whether a soul tie is healthy or unhealthy is what it does to you: does it point you toward God and freedom, or away from Him and into bondage?

HEALTHY SOUL TIE	UNHEALTHY / TOXIC SOUL TIE
Mutual — both people invest and both people benefit	One-sided — one person is always giving, the other always taking
Adds life, peace, and clarity instead of draining you	Creates obsession, anxiety, or a sense of bondage
Points you toward God and your purpose, not away from it	Pulls your mind, time, or affection away from God
Built on honesty; nothing has to stay hidden	Thrives on secrecy, shame, or manipulation
You can function, think, and make decisions without the person present	You feel unable to think clearly or move forward without them
Rooted in covenant or Christ-centered commitment	Formed outside of God's order — impulsively, sexually, or in rebellion
Sharpens you — grows your character (Proverbs 27:17)	Keeps you stuck in cycles of hurt you can't seem to leave
Respects boundaries and does not require control	Requires control, possession, or constant reassurance

Biblical Examples

Four categories — friendship, family, spiritual, and marital — each showing what the tie is meant to look like.

Jonathan & David — Friendship

Scripture: "The soul of Jonathan was knit with the soul of David... Jonathan loved him as his own soul" (1 Samuel 18:1).

A healthy soul tie doesn't compete. Jonathan was heir to the throne, yet he protected David's calling instead of guarding his own position. Covenant friendship costs something and gives sacrificially — it doesn't keep score.

Jacob & Joseph — Family

Scripture: "Now Israel loved Joseph more than all his children... and he made him a coat of many colours" (Genesis 37:3).

This one shows both sides. The love between father and son was deep and covenantal — but the favoritism attached to it fed jealousy and division among the brothers. Even a real, God-given bond can carry unhealthy weight when it's expressed without wisdom. Family soul ties are powerful; they're not automatically healthy just because they're blood.

Us & God — Spiritual

Scripture: "Thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might" (Deuteronomy 6:5). "Your life is hid with Christ in God" (Colossians 3:3).

This is the model every other soul tie is measured against. It's total, it's mutual (He is knit to us as much as we're knit to Him), and it never requires you to shrink, hide, or lose yourself. Every healthy soul tie should be able to coexist with this one — if a connection competes with your tie to God, that's the warning sign.

Husband & Wife — Marital

Scripture: "Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh" (Genesis 2:24).

The soul tie God designed to be physical, emotional, and spiritual all at once — inside covenant. Paul warns that the same bonding power exists outside marriage too: "he which is joined to an harlot is one body" (1 Corinthians 6:16). Same mechanism, different order — which is exactly why physical soul ties formed outside covenant can still linger long after the relationship ends.

Soul Ties Beyond People

Soul ties don't only form with people — they can form with places and things, because a soul tie is really about where your mind, will, and emotions are invested.

People

Family, friends, or a group you run with — a squad, a church group, a gang. Healthy: people who sharpen you and can be honest with you. Unhealthy: enmeshment, or a group identity you can't separate yourself from without feeling lost.

Places

A church, a nation, a job. Healthy: covering, belonging, purpose. Unhealthy: a place demanding loyalty God never asked for — legalism from a church, an identity so fused to a career that losing the job feels like losing yourself, or a nation that becomes an idol instead of a calling. David's love for Israel (Psalm 137:5–6, "If I forget thee, O Jerusalem...") shows a soul tie to a place that stayed submitted to God rather than replacing Him.

Things

An animal, an image, an idea or ideology, an object. A pet is usually a healthy attachment. Pornography is a soul tie to an image — one of the most destructive because it's formed in secret and feeds on shame. An ideology or political conviction can become a soul tie so strong people will fight, divide relationships, or give

their life for it; that's why some topics provoke a reaction that's out of proportion to the actual conversation — the tie isn't intellectual anymore, it's emotional. Objects (gifts, jewelry, voicemails) can hold a soul tie in place long after the person is gone, because holding the object is a way of refusing to let go of the connection.

Types of Soul Ties

One-sided soul tie — One person is emotionally invested and attached; the other isn't, or has moved on. The tie still pulls on the person who's still tied, even without reciprocity.

Familial soul tie — Formed through blood or long-term family closeness. Can be a source of covenant and legacy (Jacob & Joseph) or a source of generational patterns and enmeshment that need to be addressed, not just accepted because "it's family."

Romantic soul tie — Formed through dating, courtship, or marriage. Meant to be covenantal and exclusive — this is the category most vulnerable to becoming unhealthy outside of God's order.

Physical soul tie — Formed through sexual intimacy (1 Corinthians 6:16). The body remembers what the mind tries to move past — this is often the hardest category to break because it was designed to bond permanently.

Emotional soul tie — Formed through deep vulnerability and emotional intimacy, even without anything physical. Oversharing, emotional dependency, or being someone's primary emotional outlet can create this kind of tie just as strongly as a physical one.



READY TO GO DEEPER?

**AWARENESS IS THE FIRST STEP.
FREEDOM IS THE NEXT.**

**JOIN THE UNTANGLE SOUL TRAINING FOR
DEEPER TEACHING, COMMUNITY SUPPORT,
AND STEP-BY-STEP GUIDANCE ON BREAKING
FREE FROM UNHEALTHY SOUL TIES**

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