**Faith-Based Cognitive Behavioral Therapy (CBT) Worksheet: Reframing Thoughts with Truth**

**Purpose:**

This worksheet combines the principles of **Cognitive Behavioral Therapy (CBT)** with a faith-based approach to help you challenge and reframe negative or distorted thoughts in light of God’s truth. It is grounded in the belief that our thoughts shape our emotions and behaviors, and by recognizing and correcting our thinking patterns, we can experience emotional healing and growth in accordance with God’s word. This process is an essential part of living a life that reflects faith, peace, and spiritual maturity.

As Christians, we are encouraged to take every thought captive and make it obedient to Christ (2 Corinthians 10:5). This worksheet will guide you through identifying distorted thoughts, examining them through a Biblical lens, and replacing them with truths from Scripture that promote a mindset rooted in hope, trust, and God's promises. By practicing this process regularly, you can transform your thinking, guard your heart and mind, and live more confidently in God's love.

**Step 1: Identify the Distorted Thought**

**Instructions:** Begin by writing down a specific negative thought or belief that you are struggling with. This could be a thought that causes you distress, anxiety, or frustration. Be as honest as possible and avoid censoring yourself.

**Example:** "I’m not good enough for God’s love."

**Your Thought:**

**Step 2: Recognize the Cognitive Distortion**

**Instructions:** Now, examine your thought and identify which cognitive distortion it represents. Cognitive distortions are patterns of thinking that are unrealistic or overly negative. Below is a list of common cognitive distortions to help you identify what might be happening in your thought process.

* **All-or-Nothing Thinking**: Seeing things in black and white terms, without any middle ground.
* **Overgeneralization**: Making broad conclusions based on a single event or limited evidence.
* **Catastrophizing**: Expecting the worst possible outcome or viewing a situation as far worse than it is.
* **Filtering**: Focusing only on the negative aspects of a situation while ignoring the positives.
* **Personalization**: Blaming yourself for events outside your control.
* **Mind Reading**: Assuming you know what others are thinking or feeling without evidence.
* **Labeling**: Giving yourself or others a negative label based on a single action or behavior.
* **Emotional Reasoning**: Believing that because you feel a certain way, it must be true.

**Which distortion is your thought closest to?**

**Step 3: Challenge the Thought**

**Instructions:** Now that you’ve identified the distortion, it's time to challenge the validity of your thought. Ask yourself the following questions:

* **Is this thought based on facts, or is it an assumption?**
* **Is this thought supported by Scripture or God’s truth?**
* **What evidence do I have that this thought is true? What evidence suggests it might not be true?**
* **What would I say to a friend who was thinking this?**

**Example Questions & Responses:**

* "Is it true that I’m not good enough for God’s love?"  
  *No, because God’s word says that He loves me unconditionally (John 3:16).*
* "What does the Bible say about God's love for me?"  
  *Romans 5:8 says, “But God demonstrates His own love for us in this: While we were still sinners, Christ died for us.”*

**Your Responses:**

* **Is this thought based on facts?**
* **What evidence do I have that this thought is true? What evidence suggests it might not be true?**
* **What would I say to a friend who was thinking this?**

**Step 4: Replace the Distorted Thought with Biblical Truth**

**Instructions:** The next step is to replace the distorted thought with a more balanced and biblical truth. Use Scripture to reframe your thinking and remind yourself of God’s promises.

**Example:**  
Distorted Thought: "I’m not good enough for God’s love."  
Biblical Truth: "I am loved unconditionally by God, no matter what I’ve done or what I feel." (Romans 5:8)

**Your Reframed Thought:**

**Step 5: Act on Your New Belief**

**Instructions:** Now, consider how your new, biblically-based thought can guide your actions. Your thoughts shape your emotions, and your emotions guide your behavior. When you align your thinking with God’s truth, it can empower you to act in faith, not fear.

* **How can I live today based on this new belief?**
* **What steps can I take to remind myself of God’s truth throughout the day?**

**Example:**  
New Belief: "I am loved unconditionally by God."  
Action Step: "I will remind myself of this truth when I feel unworthy, and I will reach out to others in love, knowing that God’s love is enough."

**Your Action Steps:**

**Step 6: Reflection and Gratitude**

**Instructions:** Reflect on the process of reframing your thoughts, and express gratitude for the truth you’ve embraced. Gratitude can strengthen your faith and enhance your emotional well-being.

* **How do I feel now that I’ve replaced this thought with biblical truth?**
* **What am I thankful for today?**

**Reflection and Gratitude:**

**Conclusion:**

Remember, **renewing your mind** (Romans 12:2) is a lifelong process. By consistently practicing the steps of identifying, challenging, and replacing distorted thoughts with God’s truth, you are growing in emotional resilience and spiritual maturity. Your thoughts will shape your feelings and actions, but God's Word is powerful enough to transform your thinking and help you live in peace, joy, and faith.

Keep this worksheet handy for times when you are struggling with negative or distorted thoughts. With God's help, you can overcome these lies and walk in the freedom of His truth.