



## FaithWorks Counseling

Dr. Debbie Harnois

2901 University Avenue, Suite 17

Columbus, GA 31907

706.366.9691

[www.FaithWorksCounseling17.com](http://www.FaithWorksCounseling17.com)

### Christian CBT Thought Record

Taking Thoughts Captive & Renewing the Mind

*Do not conform to the pattern of this world but be transformed by the renewing of your mind.*

— Romans 12:2

This growth sheet is not about “forcing positive thinking.” It is about aligning thoughts with truth, grace, and wisdom, while honoring real emotions.

#### 1 Situation

##### What happened?

(Briefly describe the situation, event, or trigger.)

#### 2 Emotions

##### What emotions did you experience?

(Check all that apply and rate intensity from 0–100%)

- ☐ Anxiety \_\_\_\_%
- ☐ Sadness \_\_\_\_%
- ☐ Anger \_\_\_\_%
- ☐ Fear \_\_\_\_%
- ☐ Guilt/Shame \_\_\_\_%
- ☐ Hopelessness \_\_\_\_%
- ☐ Other: \_\_\_\_\_ %

#### 3 Automatic Thoughts

##### What thoughts went through your mind?

(Write the exact words you noticed.)

#### 4 Identify the Thought Pattern

##### Does this thought include any unhelpful patterns?

(Check any that apply.)

- ☐ All-or-Nothing Thinking
- ☐ Catastrophizing
- ☐ Mind-Reading
- ☐ Magnification / Minimization
- ☐ “Should” Statements
- ☐ Fear-Based Thinking

☐ Shame-Based Thinking

☐ Other: \_\_\_\_\_

### 5 Examine the Thought with Truth

Ask yourself:

- Is this thought **completely true**?
- What **evidence supports** this thought?
- What evidence **challenges** this thought?
- Would I speak this way to someone I love?

Evidence for the thought:

---

Evidence against the thought:

---

### 6 Scripture Reflection (Optional; Not sure? Google it.)

Is there a biblical truth that speaks to this thought?

(Examples: God's character, promises, grace, wisdom.)

Scripture or truth that applies:

---

---

### 7 Balanced, Christ-Centered Thought

What is a more accurate, compassionate, and God-honoring thought?

---

---

(Example: "This is hard, but God is with me and I can take this one step at a time.")

### 8 Emotional Re-Rating

After replacing the thought, **re-rate your emotions**:

☐ Anxiety \_\_\_\_%

☐ Sadness \_\_\_\_%

☐ Anger \_\_\_\_%

☐ Fear \_\_\_\_%

☐ Guilt/Shame \_\_\_\_%

☐ Peace \_\_\_\_%

☐ Hope \_\_\_\_%

### 9 Action Step

What is one healthy response I can take?

(Behavior aligned with faith, values, and self-care.)

---

---

### Closing Reflection (Optional)

Prayer, gratitude, or surrender statement:

---

---