



FaithWorks Counseling

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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.)

10 Closing Reflection (Optional)

Prayer, gratitude, or surrender statement:
