

Christian Counseling Associates

Thought Reflection Worksheet

Instructions: Journal most notable thoughts of the day in the spaces below, using the guide to examine thoughts, and their associated distorted beliefs. Then practice a renewing reflection by identifying thoughts rooted in God's Truth.

| | |
|---|--|
| Surface Level | Thoughts - Triggered by situations involving people, places or things. In the space below reflect on: <i>What happened? Where? When? Who with? How? What thoughts were triggered</i> |
| T H O U G H T S | |
| | Emotions - name emotion and rate its intensity 0 - 100% - <i>What emotion did I feel at that time? What other bodily sensations accompanied these emotions.</i> |
| F E E L I N G | |
| S E L F | Distorted Beliefs - <i>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</i> |
| D E C E P T I O N | |
| Heart Level | Thoughts Rooted in Truth: (1) Spend time in prayerful reflection, (2) Reflect on relevant scripture that speaks Truth to the current distorted belief listed above (3) Seek affirmation about what emerges. Review your discernment process with an accountability partner and/or your CCA Counselor. |
| T R U T H | |