

# Faith-Fueled CBT Thought Tracker

*Identify, reframe, and replace negative thoughts with biblical truth.*

**Purpose:** This tool helps you take every thought captive (2 Corinthians 10:5) and renew your mind (Romans 12:2). By combining Cognitive Behavioral Therapy (CBT) techniques with the living power of God's Word, you'll learn to interrupt anxiety and anchor your thinking in truth. Use this worksheet daily or when negative thoughts arise.

## 1. The Situation

What triggered the anxious or negative thought?

 *Example: Received unexpected feedback at work.*


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## 2. The Thought

What was the automatic thought that came up?

 *Example: "I'm not good enough."*

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## 3. Emotional Response

What emotion(s) did this thought bring up? (Circle all that apply)

 Anxious

 Discouraged

 Angry

 Sad

 Overwhelmed

 Other: \_\_\_\_\_

## 4. Is This Thought 100% True?

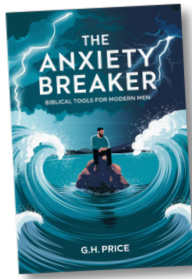
Look at the thought again. What's the evidence for it? Against it?

 *Truth Check: "I've succeeded before. One critique doesn't define me."*

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*Continued...*

## 5. Reframe the Thought

Write a more balanced or faith-filled version of the thought.

 *Example: "I'm growing. God is working in me through this challenge."*


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## 6. Scripture Response

What verse speaks truth to this situation?

 *Example: Philippians 4:13 – "I can do all things through Christ who strengthens me."*


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## 7. Moving Forward


What action step can I take to live in faith instead of fear?

 *Example: Pray over the feedback and ask for wisdom in applying it.*

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 Renewed thought leads to renewed peace.  
***Keep tracking, keep transforming.***