

Identity in Christ: A 1–2 Week Guided Workbook

Designed for clients new to introspection. Integrates Scripture, CBT cognitive restructuring, and emotional awareness.

How to Use This Workbook

This workbook is designed to be completed slowly and gently. Spend 10–20 minutes per day. Short answers are enough. You are not required to fix or change anything—only to notice.

Week One: Safety and Awareness

Day 1: Permission to Begin

Goal: Establish emotional and spiritual safety for introspection.

Scripture: Psalm 103:13–14

Reflection / Journaling:

- What emotions arise when I slow down?
- What fears do I associate with looking inward?

Day 2: Roles vs. Identity

Goal: Differentiate who you are from what you do.

Scripture: Colossians 3:3

Reflection / Journaling:

- What roles have defined me most?
- Which roles feel heavy or obligatory?

Day 3: Emotional Awareness

Goal: Notice emotions without judgment.

Scripture: Psalm 34:18

Reflection / Journaling:

- Which emotions are easiest for me to ignore?
- What emotion do I feel today?

Week Two: Cognitive Restructuring and Integration

Day 6: Identifying Automatic Thoughts

Goal: Recognize identity-based cognitive distortions.

Scripture: Romans 12:2

Reflection / Journaling:

- What thoughts arise when I rest?
- What do these thoughts say about my worth?

Day 7: Reframing with Truth

Goal: Practice CBT-based cognitive restructuring.

Scripture: Ephesians 2:8–10

Reflection / Journaling:

- Old thought: _____
- Truth-based reframe: _____

Day 10: Integration and Grace

Goal: Consolidate insights without pressure.

Scripture: Galatians 2:20

Reflection / Journaling:

- This week I learned _____ about myself.
- God met me when _____.