

Cognitive Restructuring Worksheet

How to Use This Worksheet:

- 1) Notice what triggered the negative thought (Activating Event - A).
 - 2) Write down the thought you told yourself (Belief - B).
 - 3) Identify how it affected your emotions/behavior (Consequence - C).
 - 4) Challenge the lie and consider what God says (Dispute - D).
 - 5) Replace it with a healthier, God-centered belief (Effective New Belief - E).
- Use Scripture to support your new belief.

Worksheet Entry (Complete one each time a negative thought arises):

A – Activating Event:

B – Belief:

C – Consequence:

D – Dispute the Lie:

E – Effective New Belief (Include Scripture):