

# Cognitive Restructuring & Scripture Worksheet

Use this worksheet to reframe negative thoughts and anchor them in biblical truth.

**1■■ Situation (What happened?)**

**2■■ Automatic Thought (What did you tell yourself?)**

**3■■ Cognitive Distortion (Catastrophizing, mind-reading, etc.)**

**4■■ Alternative Balanced Thought**

**5■■ Scripture that supports the new truth**

**6■■ Emotion After Reframing (0–10)**