

Constructive Healing Workbook

Faith-Integrated Cognitive Restructuring Workbook

1■■■ The Two Sides Self-Discovery Exercise

Instructions: Use this to explore the conflict between your constructive self and destructive self.

Constructive Self	Destructive Self
Strengths:	Triggers:
Values:	Negative Beliefs:
Protective Intentions:	Self-Sabotaging Behaviors:
Evidence this side exists:	Childhood Connections:

2■■■ Thought Reframe Practice — ABC Model

Complete at least 3–5 entries this week.

A — Activating Event:	
B — Belief (Destructive Thought):	
C — Consequence (Emotion/Behavior):	
D — Dispute (Challenge to the Thought):	
E — Effective New Belief:	

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3■■■ Values-Driven Action Plan

One small constructive action aligned with kindness, purpose, or personal growth each day.

Daily Actions (List 7):

Day 1 – Action:	
Day 2 – Action:	
Day 3 – Action:	
Day 4 – Action:	
Day 5 – Action:	
Day 6 – Action:	
Day 7 – Action:	

4■■■ Journaling Prompts

- What does my constructive side want for my life?
- What wound is my destructive side protecting?
- How can I show compassion to that part while choosing a healthier response?

5■■■ Scripture for Healing Identity

Romans 12:2 — “Be transformed by the renewing of your mind...”

John 10:10 — “I have come that they may have life, and have it abundantly.”

2 Corinthians 10:5 — “Take captive every thought to make it obedient to Christ.”

Psalm 147:3 — “He heals the brokenhearted and binds up their wounds.”

Prayer: “God, help me choose the constructive path You designed for me.”