

Carein Counseling
12-Week Healing Workbook (Fillable)
By Robert Wilson, LMHC

Session 1: Understanding Spiritual Anxiety

Reflection:

Journaling Notes:

Session 2: Grace vs Works-Based Thinking

Reflection:

Journaling Notes:

Session 3: Eternal Security

Reflection:

Journaling Notes:

Session 4: Voice of God vs Condemnation

Reflection:

Journaling Notes:

Session 5: Healing Shame

Reflection:

Journaling Notes:

Session 6: Fear-Based Theology

Reflection:

Journaling Notes:

Session 7: Identity in Christ

Reflection:

Journaling Notes:

Session 8: Trauma & Nervous System

Reflection:

Journaling Notes:

Session 9: Confession & Restoration

Reflection:

Journaling Notes:

Session 10: Theology of Assurance

Reflection:

Journaling Notes:

Session 11: Practicing Peace

Reflection:

Journaling Notes:

Session 12: Rewriting Your Story

Reflection:

Journaling Notes: