

Scrupulosity Support Workbook

Carein Counseling

Confidential | Trauma-Informed Christian CBT Workbook

Fillable PDF

NIV — "There is no fear in love." (1 John 4:18)

When Faith Feels Like Fear

Write your response:

Distress (1-10):

NIV — "There is no fear in love." (1 John 4:18)

What Does Anxiety Say? What Does God Say?

Write your response:

Distress (1-10):

NIV — "There is no fear in love." (1 John 4:18)

Interrupting Reassurance Loops

Write your response:

Distress (1-10):

NIV — "There is no fear in love." (1 John 4:18)

Let God Hold It — Releasing Control

Write your response:

Distress (1-10):

NIV — "There is no fear in love." (1 John 4:18)

Grounding in God's Presence (Body Notice)

Write your response:

Distress (1-10):

NIV — "There is no fear in love." (1 John 4:18)

Scripture Reflection — Psalm 23:1-3 (NIV)

Write your response:

Distress (1-10):

NIV — "There is no fear in love." (1 John 4:18)

Truth Over Fear Statements

Write your response:

Distress (1-10):

Relationship-Based Faith Journal 1

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 2

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 3

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 4

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 5

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 6

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 7

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 8

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 9

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 10

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 11

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 12

Today I will choose relationship over ritual by:

Distress (1-10):

Relationship-Based Faith Journal 13

Today I will choose relationship over ritual by:

Distress (1-10):