

Carein Counseling
Premium 12-Week Healing Workbook
Spiritual Anxiety & Shame

By Robert Wilson, LMHC

Table of Contents

- Session 1: Understanding Spiritual Anxiety
- Session 2: Grace vs Works-Based Thinking
- Session 3: Eternal Security
- Session 4: Voice of God vs Condemnation
- Session 5: Healing Shame
- Session 6: Fear-Based Theology
- Session 7: Identity in Christ
- Session 8: Trauma & the Nervous System
- Session 9: Confession & Restoration
- Session 10: Theology of Assurance
- Session 11: Practicing Peace
- Session 12: Rewriting Your Spiritual Story

[illegible]

Interventions

This section contains expanded therapeutic guidance, scripture-based insights, trauma-informed applications, and cognitive restructuring techniques designed to help clients break the cycle of spiritual anxiety and shame. It teaches grounding, identity formation, and emotional regulation while reinforcing biblical truth. This section contains expanded therapeutic guidance, scripture-based insights, trauma-informed applications, and cognitive restructuring techniques designed to help clients break the cycle of spiritual anxiety and shame. It teaches grounding, identity formation, and emotional regulation while reinforcing biblical truth. This section contains expanded therapeutic guidance, scripture-based insights, trauma-informed applications, and cognitive restructuring techniques designed to help clients break the cycle of spiritual anxiety and shame. It teaches grounding, identity formation, and emotional regulation while reinforcing biblical truth. This section contains expanded therapeutic guidance, scripture-based insights, trauma-informed applications, and cognitive restructuring techniques designed to help clients break the cycle of spiritual anxiety and shame. It teaches grounding, identity formation, and emotional regulation while reinforcing biblical truth. This section contains expanded therapeutic guidance, scripture-based insights, trauma-informed applications, and cognitive restructuring techniques designed to help clients break the cycle of spiritual anxiety and shame. It teaches grounding, identity formation, and emotional regulation while reinforcing biblical truth. This section contains expanded therapeutic guidance, scripture-based insights, trauma-informed applications, and cognitive restructuring techniques designed to help clients break the cycle of spiritual anxiety and shame. It teaches grounding, identity formation, and emotional regulation while reinforcing biblical truth.

