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

By Robert Wilson, LMHC

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# **Session 1: Understanding Spiritual Anxiety**

#### **Overview**

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. 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.

#### **Core Truth**

#### Interventions

#### **CBT Exercises**

## **Journaling Prompts**

# **Session 2: Grace vs Works-Based Thinking**

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#### **Core Truth**

#### Interventions

#### **CBT Exercises**

## **Journaling Prompts**

# **Session 3: Eternal Security**

#### **Overview**

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. 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.

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#### **CBT Exercises**

## **Journaling Prompts**

## Session 4: Voice of God vs Condemnation

#### **Overview**

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#### **Core Truth**

#### Interventions

#### **CBT Exercises**

## **Journaling Prompts**

# **Session 5: Healing Shame**

#### **Overview**

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. 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.

#### **Core Truth**

#### Interventions

#### **CBT Exercises**

## **Journaling Prompts**

# **Session 6: Fear-Based Theology**

#### **Overview**

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. 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.

#### **Core Truth**

#### Interventions

#### **CBT Exercises**

## **Journaling Prompts**

# **Session 7: Identity in Christ**

#### **Overview**

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. 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.

#### **Core Truth**

#### Interventions

#### **CBT Exercises**

## **Journaling Prompts**

# **Session 8: Trauma & the Nervous System**

#### **Overview**

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. 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.

#### **Core Truth**

#### Interventions

#### **CBT Exercises**

## **Journaling Prompts**

## **Session 9: Confession & Restoration**

#### **Overview**

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. 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.

#### **Core Truth**

#### Interventions

### **CBT Exercises**

## **Journaling Prompts**

# **Session 10: Theology of Assurance**

#### **Overview**

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### **CBT Exercises**

## **Journaling Prompts**

# **Session 11: Practicing Peace**

#### **Overview**

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. 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.

## **Core Truth**

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### **CBT Exercises**

## **Journaling Prompts**

# **Session 12: Rewriting Your Spiritual Story**

#### **Overview**

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. 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.

## **Core Truth**

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#### Interventions

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### **CBT Exercises**

# **Journaling Prompts**