

TAKING THOUGHTS CAPTIVE

BIBLICAL THOUGHT RECORD

Write the negative thoughts you believe about yourself in the first box. In the second, rate how believable each thought is from 1-10. In the third box, examine the thoughts with Scripture. Is there biblical backing for these negative thoughts? If not, write the correct biblical response to your beliefs in the fourth box. Last, rate how much you believe these biblical beliefs from 1-10.

Negative Thoughts

Rate

Find the Lies

Biblical Response

Rate

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Results

Based on your record, rerate how much you believe your initial negative thoughts from 1-10.