

Suspicious Thought Worksheet

Date _____

Time of day _____

1. What were the circumstances surrounding my suspicious thinking? What seemed to trigger my suspicions?

2. What was my suspicious thought? (Describe *in the first person* the nature of the harm you feared would befall you.)

3. Upon what evidence were these suspicions based? Was the evidence biblically solid?

<input type="checkbox"/>	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/>	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No

4. Is there any evidence that my suspicions were unfounded? If so, what is it?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

5. Is there another way to interpret the data/evidence (using righteous judgment) than the way that I initially did? How?

6. Evaluate in biblical terms, how you believe God views these thoughts. (Check all appropriate boxes)

- | | | |
|--|--|---|
| <input type="checkbox"/> Anxiety (worry) | <input type="checkbox"/> Evil suspicion | <input type="checkbox"/> Distrusting God (lack of faith) |
| <input type="checkbox"/> Sinful jealousy | <input type="checkbox"/> Judging (imputing evil) motives | <input type="checkbox"/> Unrighteous (or unjust) judgment |
| <input type="checkbox"/> Sinful fear | <input type="checkbox"/> Not “believing the best” | <input type="checkbox"/> False accusation |
| <input type="checkbox"/> Selfishness | <input type="checkbox"/> Pride (thinking I’m more important or “special” than I really am) | |
| <input type="checkbox"/> Rash judgment | <input type="checkbox"/> False reasoning (thinking that doesn’t conform to reality) | |
| <input type="checkbox"/> Hopelessness | <input type="checkbox"/> Exaggerating the threat of actual danger | <input type="checkbox"/> Other _____ |

7. Is there an idolatrous desire driving this thought (love of control, money, approval, etc.)? If so, what?

Anxiety Journal

My Anxiety (what I am concerned about)

Biblical Prayer

Biblical Thoughts

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Biblical Actions

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