

TEST the THOUGHT B.Thought (T/F) → BB.Truth B.Belief → BB.Better Belief.

Use this section when strong emotion or uncertainty is involved.

☹️ Feelings: _____

📖 Problem: _____

B. Thought (T/F): _____

BB. Truth: _____

BB. God says... _____

D+ Do good action: _____

☹️ my attitude: _____

😊 good attitude: _____

COMPARE OPTIONS. ☀️ main worksheet

PROBLEM: _____

QUESTION: _____

SOLUTIONS: options: +pros. -cons. (c)concerns.

D1. option1: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

D5. option5: _____

D6. option6: _____

main Goals,Needs,Purpose: _____

specific GOAL,NEED: _____

criteria (if helpful): _____

D+ best option: _____

Reason: _____

Step1: _____ Step2: _____ Step3: _____

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