Documenting Lies and Negative Thoughts

Use this worksheet to document lies and negative thoughts that you may believe. It is important to document all of them. Ask God to show them to you. We will deal with these things later. You don't need lengthy explanations here. Keep it simple. Some examples are – I'm worthless, everyone hates me, God can't love me, etc... Keep this page handy and add to it as you continue down the path to healing.