

# Christian CBT Worksheet for Cancer Support

This simple, interactive guide can help you connect your faith with evidence-based coping skills that are grounded in Cognitive Behavioral Therapy.

## ✨ 1. What Is CBT?

CBT (Cognitive Behavioral Therapy) teaches you how your thoughts, feelings, and actions are connected. As Christians, we know that God invites us to renew our minds and take our thoughts captive.

### 📖 Bible Connections:

- “Be transformed by the renewing of your mind.” — Romans 12:2
- “Take every thought captive.” — 2 Corinthians 10:5
- “Cast all your anxiety on Him...” — 1 Peter 5:7
- “You will keep in perfect peace those whose minds are steadfast.” — Isaiah 26:3
- “The Lord is close to the brokenhearted.” — Psalm 34:18

### CBT helps you:

- Notice unhelpful thoughts
- Calm overwhelming emotions
- Choose healthier, faith-aligned responses

## 💛 2. How Cancer Can Affect Thoughts & Feelings

### Cancer can trigger thoughts like:

- “This is too much.”
- “I can’t do this.”
- “God feels far away.”
- “This is a death sentence.”

These thoughts can create fear, sadness, anger, or worry.

### CBT + Faith helps you:

- Slow down anxious thoughts
- Find clarity by seeking God’s wisdom
- Anchor yourself in God’s truth

### 3. Thought Tracking (Fill-In Exercise)

#### A. Situation

What happened? What set off your stress or emotion?

- Example: "Waiting for test results."

My situation:

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#### B. Automatic Thought

What thought popped into your mind?

- Example: "The cancer is back."

My automatic thought:

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#### C. Emotions

What did you feel? Rate the intensity (0–10).

- Example: Fear 8/10

Top 2 emotions + intensity rating:

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### 4. Challenge the Thought

#### A. Evidence FOR the Thought

What facts support it? (Facts—not feelings.)

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## B. Evidence AGAINST the Thought

What facts do NOT support it?

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## C. What Does God Say?

Choose a verses that speak truth into this moment.

More Scripture Examples:

- “When you walk through the waters, I will be with you.” — Isaiah 43:2
- “My grace is sufficient for you.” — 2 Corinthians 12:9
- “God is our refuge and strength, an ever-present help in trouble.” — Psalm 46:1
- “I am with you always.” — Matthew 28:20
- “The Lord goes before you and will never leave you or forsake you.” — Deuteronomy 31:8

My verses and truths:

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## 5. Create a Balanced, Faith-Aligned Thought

This thought should be:

- Realistic
- Rational (Logical)
- Grounded in God’s truth

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## 6. Faith-Aligned CBT Coping Skills

### A. Breath + Prayer

Breathe in slowly through your nose + expand your belly with a deep breath:

“Lord, give me your peace that passes all understanding.”

Breathe out slowly through your mouth:

“Father, I release this worry to you & give all of this to You.”

### B. Scripture Grounding

Repeat a verse slowly while breathing slowly and noticing any body sensations.

Suggested Verses:

- “Be still and know that I am God.” — Psalm 46:10
- “God is our refuge and strength, an ever-present help in trouble.” – Psalm 46:1
- “Cast all your anxiety on him because he cares for you.” – 1 Peter 5:7
- “He heals the brokenhearted and binds up their wounds.” – Psalm 147:3
- “For God gave us a spirit not of fear but of power and love and self-control.” – 1 Timothy 1:7
- “I can do all things through Christ who strengthens me.” – Philippians 4:13

### C. Hope-Building Actions (Behavioral Activation)

Choose one small step today:

- Take a walk
- Listen to worship music
- Call a supportive friend
- Read a Psalm or your favorite passage
- Write down 3 blessings from today
- Start praying instead of worrying

### D. Reframe the Thought

Ask yourself:

- “Is there another way to see this?”
- “What would I tell a friend?”
- “What does God say about this?”

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## ✝ 7. Reflection & Prayer

### Reflection Questions

- What did I notice about my thinking?
- Where did God meet me today?
- What truths do I want to carry into tomorrow?
- What fear or burden can I release to God right now?
- What steps can I take to walk more by faith & less by sight?
- What thoughts do I need to take captive to the obedience of Christ?

### Prayer Prompt Ideas

“Lord, please give me a calm mind and a steady heart that is aligned with your truths. Help me release each anxious thought to You because I know that my life is in Your hands, not mine...and not my doctors. Please fill me with Your peace, give me wisdom in the decisions I make, and help me to trust you with all of my heart. In Jesus’ Name, Amen.”

“Father God, You are the Creator of all things. You knit me in my mother’s womb and knew me before I was even born. All of my days are numbered by You and You are sovereign over my health and over my body. Nothing that happens to me has not already passed through Your Holy hands as part of Your divine plan for my life. I trust you with everything that has happened, is happening now, and is yet to happen in the future. Please help me to feel Your comforting presence through Your Holy Spirit. In Jesus’ Name, Amen.”

Lord Jesus, by Your stripes I am healed from the wages of sin and I have the priceless gift of eternity with You. Help me to accept that whatever happens to my earthly body is a part of Your eternal plan for my life, even when I don’t understand why You are allowing this cancer in my body. Please help me to focus on the hope of eternity over and above the hope of physical healing. For You are my strength and my song; You are my comfort during times of heartbreak and disappointment. Please help me to release my fears to You and trust your plan for my life. In Your Holy Name, Amen.”

“Heavenly Father, You are love, and Your perfect love drives out all fear. I refuse to live in fear because of Your great love for me. Thank you for the blessing of life today, for my family & friends, and for everything You have provided. You love to gift good gifts to Your children, and I am Your child. I look forward to seeing the gifts that You have in store for me and I thank you for never leaving me or forsaking me. In Jesus’ Name, Amen.”

# Companion Journal Page

Use this page daily or weekly as you move through your cancer journey.

## Quick Check-In

1. How am I feeling today (emotion + intensity)?

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2. What thought is weighing on me?

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3. What scripture encourages me today?

Suggested Scriptures:

- “The Lord is my shepherd; I shall not want.” — Psalm 23:1
- “Do not fear, for I am with you.” — Isaiah 41:10
- “My peace I give you... Do not let your hearts be troubled.” — John 14:27
- “The Lord is the strength of my life.” — Psalm 27:1
- “Come to me, all who are weary.” — Matthew 11:28

My verse for today:

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4. What is one helpful action I can take right now?

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## Gratitude & Hope Section

Today I am grateful for:

- 1.
- 2.
- 3.

One hope I'm carrying into tomorrow:

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## Closing Prayer

“Lord, thank You for walking with me today. Strengthen me, comfort me, and help me to focus on the truth of Your Word. Hold me close and give me peace. Amen.”



About the author of this worksheet:

Kim is a licensed marriage & family therapist (CA lic. #148148) in Southern California who specializes in walking alongside Christian cancer patients, families and caregivers. Her education in the areas of Child Life, child & adolescent development, and adult counseling allow her to serve all ages with a deep understanding of each of their unique needs.

As a fellow Christian, she can assist clients in navigating their cancer diagnosis with faith, hope, and trust in the Lord. She served for 13 years as a Biblical counselor at her church prior to obtaining her formal education with a master's in counseling. Her specific skill set offers clients the ability to connect with scripture throughout each stage of their cancer journey. Kim utilizes a number of evidence-based approaches that help reduce distress such as Acceptance & Commitment Therapy, Cognitive Behavioral Therapy, and somatic-based nervous system work.

If you are looking for someone like Kim to help you cope with the ups and downs of cancer, get in touch with her today.



@therapywithkimv



[www.therapywithkimv.com](http://www.therapywithkimv.com)

Kim offers affordable sliding scale therapy services in California (sorry, no insurance).

