

Examination Questions Worksheet

"Come now, and let us reason together, saith the LORD..."

Below is a list of questions to be used in helping you explore your beliefs that make you feel "stuck" in your symptoms. Keep in mind that not all questions will be appropriate for the belief you choose to challenge. Answer as many questions as you can for the belief you have chosen to challenge below.

Belief: _____

1. **Is this belief realistic for helpful for my life? Why or Why Not?** (*1 Corinthians 6:12*)
2. **Beliefs on Trial** (*Deuteronomy 19:15-20*)
 - a. **What are the evidences from my experience, learning, and the Word of God that suggest that the witness of this belief is the truth?**
For:
 - b. **What are the evidences from my experiences, learning, and the Word of God that suggest that the witness of this belief is not the truth?**
Against:
3. **Is this belief something that you have been in the habit of telling yourself for a long time or this this belief based on facts? Please explain.** (*1 Timothy 4:6, 7*)
"Our thoughts produce our words and our words react upon our thoughts. If a man forms the habit of using sacred words reverently, he will form the custom of carefulness of speech, knowing that there is a Witness to every word uttered..."
4. **Where did this belief come from? Or from whom or what were these words sowed? Is this a dependable source for information or learning?**
5. **In what ways is your belief unrealistic or not completely accurate, or not completely true?**
6. **Does my belief include or imply words or phrases that are extreme or exaggerated (such as "always," "forever," "never," "need," "should," "must," "can't," and "every time")?** (*Matthew 12:37*)
"...When the feelings become excited and the speech is exaggerated, the mode of speaking is always extreme. It acts and reacts upon ourselves. The Word declares, "By thy words thou shalt be justified, and by thy words thou shalt be condemned." Matthew 12:37. If our words act upon ourselves they act more powerfully upon others. There is great mischief done by words spoken. God alone knows and measures the result of a careless, exaggerated mode of speaking..."
7. **How did/do family, cultural, social, political, and/or spiritual circumstances influence this belief?** (*Genesis 16:8, 9; Psalm 87:6*)
8. **In what way is your belief focused on the future? How certain are you that this belief is possible or likely?**
9. **In what ways is your belief based on feelings rather than facts? How has this affected your judgement?**
10. **What parts of the story am I the most focused on and in what ways is this focus unrelated to what happened?**