

Taking Thoughts Captive

**Small
Worried
Thought &
Emotion**

**Bigger
Worried
Thought &
Emotion!**

**Even Bigger
Worried
Thought &
Emotion!**

**Giant worried
thought &
Emotion!**

Which one of these thoughts can you challenge? Put an X through it, and then write a truer statement in this box! How does this change your emotions? How does this change your reactions?