

UNBIBLICAL THINKING

Part A

What influences how you think about your suffering?

Family, parent, coworker, neighbor, media, music, personal prejudices...

Describe the trial you are currently experiencing.

Explain how
this trial affects you.

Conflict, finances, parenting,
ability to function or
think clearly,...

Note how this trial
affects your feelings.

Feeling overwhelmed, wronged,
hopeless, angry, fearful,
numb, forgotten,...

