

## R<sup>5</sup> Thought Replacement Process

Situation	Emotion or Feeling	<i>Recognize</i> Unhelpful thought	<i>Reframe</i>	<i>Replace</i> Unhelpful thought with Scripture	<i>Restate</i>	<i>Renewed</i> emotion or feeling
Describe what was happening: Who, what, when where?	Emotions can be described with one word: e.g. angry, sad, scared.	Identify one thought to work on: What thoughts were going through my mind? What memories or images were in my mind?	Challenge the unhelpful thought; reconsider the way you are looking at the situation; look at the situation in a positive light.	Write out a scripture / promise of God concerning your situation.	Restate your situation through declarations of God word. Confess what God says about your situation, not what you see.	How do you feel about the situation now?

Adapted by Dr. Johnson

