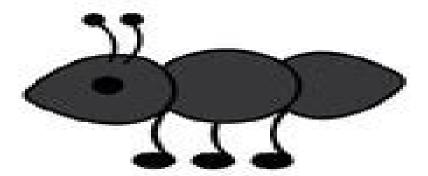
# What are ANTs?



Automatic

<u>N</u>egative

Thought

# ANTs are negative and random. Sometimes they pop into our minds out of nowhere.

All or Nothing: Thinking something is ALL GOOD or ALL BAD.

<u>Always/Never</u>: Thinking something ALWAYS or NEVER happens without considering the times it doesn't

Disaster: Thinking everything is the end of the world or the worst thing ever

Feeling Thinker: Thinking that because you feel a certain way, it must be true

Labeling: Thinking of yourself or someone else a negative term.

Telling the Future: Assuming the worst will happen without all the facts

Mind Reading: Assuming you know what someone else is thinking or feeling

# How hard does your ANT bite?

How much does this ANT impact your feelings or behavior?

How hard is it to cope with this ANT?

1\_\_\_2\_\_3\_\_4\_\_\_5\_\_6\_\_7\_\_8\_\_9\_\_\_10

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**Sally-Anne McCormack** 

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