

# Getting Rid of ANTS: Automatic Negative Thoughts

## Worksheet

The types of automatic thoughts we have can impact how we feel, as well as our mental well-being.

Automatic Negative Thoughts, or ANTS, can guide our behavior without our realizing, and can be hard to control.

Becoming aware of your ANTS and replacing them with more adaptive, rational thoughts is an effective way to enhance your mood, health, and overall quality of life.

## Instructions

Often, ANTS are brought on by certain environmental triggers - interactions we have, or events that take place in our lives.

Working through the table from left to right, list some of your common triggers in the first column; one example is provided to help you get started.

Use the center column, to write down the ANT that this trigger tends to bring to mind.

In the final, right-hand column, try to come up with a more positive, constructive, self-compassionate, and helpful thought that you can use to place this ANT.

Trigger	ANT	Adaptive Thought
<i>E.g. I was late to class.</i>	<i>"I'm a hopeless student and I'm going to fail the semester."</i>	<i>"I didn't plan my route well, but that's easily fixed. Next time I'll catch an earlier train."</i>

Trigger	ANT	Adaptive Thought